The Defender

1904–2004
A Century of
St. Michael's College

February 11, 2004 St. Michael's College Student Newspaper Volume XXXI, Issue 13

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My Revenge guitarist and local musician Alan Blackman talks about his band's latest album and his music career.

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St. Michael's knocks out Pace, 70-55

Photos by Amy Weinstock

Senior Lindsey Bradt and sophomore Brigid Hegarty (12) watch as Pace University's players swoop in to corral a rebound during the Purple Knights' victory Feb. 7 at Ross Sports Center. Basketball coverage, Page 16.

SMC meal plans changing with dining hall renovations

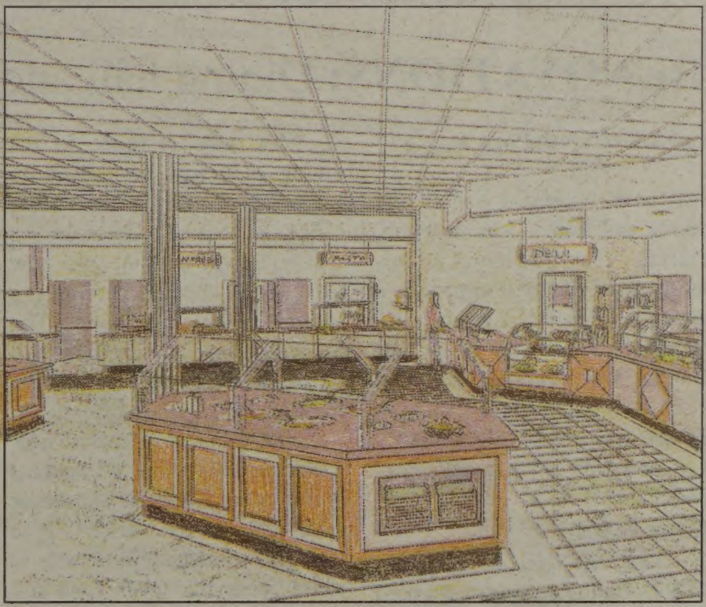
Room, board reduced, but tuition increase offsets savings

By Katie Healey
Staff Writer

A trustee's meeting at the end of January sealed the deal for new Alliot Student Center renovations to meet the students' requests. Instead of operating two dining halls with one budget, Greensleeves and the Green Mountain Dining Hall will be combined next fall thanks to a renovation costing about $1.7 million, paid in full by Sodexho Food Services.

Students will also see a reduction in the cost of meal plans along with the renovations come fall. However, tuition will be raised to offset the drop of the comprehensive fee, Dean of Students Mike Samara said.

Students living in dormitories without kitchen space will pay a single comprehensive fee of $6,250 for room, board and fees, Samara said. Currently students living in a single, double or Cashman dorm room pay $7,680 to $8,010 for room, board and fees. Students in non-traditional dorm rooms, such as townhouses or apartments equipped with kitchens, can purchase a reduced meal plan or none at all.



An artist's rendering of the new Alliot food service area. While the final designs have not been determined, the area is expected to contain more food station selections and accomodate more students.

For those students living in a townhouse or apartment room, board and fees under the new plan will cost $4,870 and will include a 40-block plan, Samara said. The block plan will pay for 40 meals throughout a semester, which Samara said will provide relief to students during busy times in the school year.

Vice President of Finance Neal Robinson said the college's on-campus costs of living were too high compared to off-campus expenses.

"We were charging more for room and board than we should have, and less for tuition than we should have," Robinson said.

Under the new plan, students

See RENOVATIONS, Page 2

Campus hit with string of thefts

Money, skis, portfolio among items taken

By Emily Rand
Staff Writer

Rebecca Smith thought she could leave her car unattended for one minute as she dashed into the campus post office Jan. 5. When she returned, she found a theif had entered her unlocked car and stolen her purse and the portfolio she was building to become a licensed teacher.

The recent St. Michael's graduate and current student teacher was one of about half a of dozen victims of campus theft since the beginning of the year.

"I was only away from my car for 60 seconds at most," Smith said. "I went in the mailroom, checked my mail, and when I got to my car I immediately noticed my purse was gone."

Smith quickly returned to the post office to call security. Later, she searched the trash in the nearby public and academic buildings, and even knocked on doors in the residence halls. She also sent out a campuswide e-mail asking for the return of her portfolio.

The next day, Security called to tell Smith that her purse, minus the money, was found in the Founders Hall basement laundry room.

"It was over vacation, so I feel like there were only certain people on campus who had permission to be there," Smith said. "It was found in Founders someone had to have had keys."

Because her purse was taken so quickly, Smith believed someone had to have been watching her, or watching cars parked in the Alliot Rotunda.

In addition to Smith's purse, another was stolen from an office in Jeanmarie Hall on Jan. 14. Two wallets were reported stolen on Jan. 22, one from Cheray Science Hall and another from Ross Sports Center. These two thefts occurred in the early evening within about 20 minutes of each other, according to St. Michael's security log. Security is trying to discover whether the crimes were related.

The campus security log reported thefts in Durick Library on Jan. 15, in the 200s Townhouses and St. Edmund's Hall on Jan. 21, and another on

See THEFT, Page 3

St. Michael's College Security Log

Excerpts from the Jan. 31 - Feb. 6 security reports. Courtesy of the St. Michael's College Office of Security.

Saturday, Jan. 31

7:18 a.m. Physical plant assistance at Linnehan Hall
7:35 a.m. Lockout at 100s Townhouses
7:48 a.m. Lockout at Linnehan Hall
8:00 a.m. Trespassing at Linnehan Hall
8:58 a.m. Lockout at Ryan Hall
10:26 a.m. Lockout at Founders Hall
10:41 a.m. Lockout at Joyce Hall
11:22 a.m. Physical plant assistance at Alliot Hall
12:18 a.m. Motor vehicle asssitance at Klein lot
4:49 p.m. Lockout at Lyons Hall
5:28 p.m. Lockout at Founders Hall
5:53 p.m. Lockout at Ryan Hall

Sunday, Feb. 1

12:03 a.m. Noise complaint at Ryan Hall
12:43 a.m. Alcohol violation at Ryan Hall
1:04 a.m. Noise complaint at 300s Townhouses
11:05 a.m. Physical plant assistance at Hodson Hall
1:49 p.m. Lockout at Hodson Hall
2:15 p.m. Physical plant assistance at Joyce Hall
2:29 p.m. Physical plant assistance at Alumni Hall
3:10 p.m. Odor violation at Lyons Hall
10:38 p.m. Fire at 300s Townhouses

Monday, Feb. 2

7:52 a.m. Towed vehicle at Ryan lot
8:53 a.m. Towed vehicle at Founders lot
10:03 a.m. Towed vehicle at flag pole lot
10:30 a.m. Vandalism at Purtill Hall
12:42 p.m. Vandalism at Senior Hall
3:33 p.m. Motor vehicle accident at North Campus
4 p.m. Lockout at Ryan Hall
5:48 p.m. Physical plant assistance at Sloane Center
9:43 p.m. Vehicle stop on Campus Road
10:35 p.m. Lockout at 300s Townhouses

Tuesday, Feb. 3

7:41 a.m. Towed vehicle at Hamel lot
8:22 a.m. Towed vehicle at Cashman lot
9:12 a.m. Towed vehicle at Lyons lot
10:46 a.m. Suspicious person along College Parkway
11:53 a.m. Larceny/theft at Durick Library
12:26 p.m. Suspicious person at Jeanmarie Hall
12:39 p.m. Recovered property at Cheray Science Hall
6:31 p.m. Lockout at Hamel Hall
7:52 p.m. Power outage at Founders Hall
8:08 p.m. Power outage at Founders Hall
9:56 p.m. Unsecured door at 400s Townhouses
10:10 p.m. Odor violation at Joyce Hall

Wednesday, Feb. 4

7:50 a.m. Towed vehicle at Ryan Hall
10:00 a.m. Unlawful entry at 200s Townhouses
10:52 a.m. Vehicle door ajar at North Campus
1:38 p.m. Vandalism at 200s Townhouses
2:03 p.m. Motor vehicle accident at College Parkway
4:40 p.m. Lockout at Hodson Hall
5:37 p.m. Lockout at Senior Hall
8:12 p.m. Odor violation at Lyons Hall
9:15 p.m. Vandalism on campus
9:25 p.m. Odor violation at Lyons Hall
10:34 p.m. Physical plant assistance at Alliot Hall
11:12 p.m. Unsecured door at St. Edmund's Hall

Thursday, Feb. 5

8:04 a.m. Towed vehicle at Ryan lot
10:52 a.m. Lockout at Hamel Hall
12:43 p.m. Lockout at Ryan Hall
4:20 p.m. Physical plant assistance at Alliot Hall
5:04 p.m. Trespassing at Ryan Hall
6:07 p.m. Complaint at Purtill Hall
11:08 p.m. Odor violation at Joyce Hall

Friday, Feb. 6

1:26 a.m. Noise complaint at Alumni Hall
1:35 a.m. Alcohol violation at Alumni Hall
2:06 a.m. Trespassing at 200s Townhouses
2:31 a.m. Vehicle stop on Campus Road
3:00 a.m. Unsecured door at Alliot Hall
1:12 p.m. Lockout at Ryan Hall
1:12 p.m. Lockout at Joyce Hall
6:30 p.m. Lockout at Hamel Hall
8:01 p.m. Odor violation at Ryan Hall
8:40 p.m. Physical plant assist at 100s Townhouses
10:05 p.m. Motor vehicle operation in Quad

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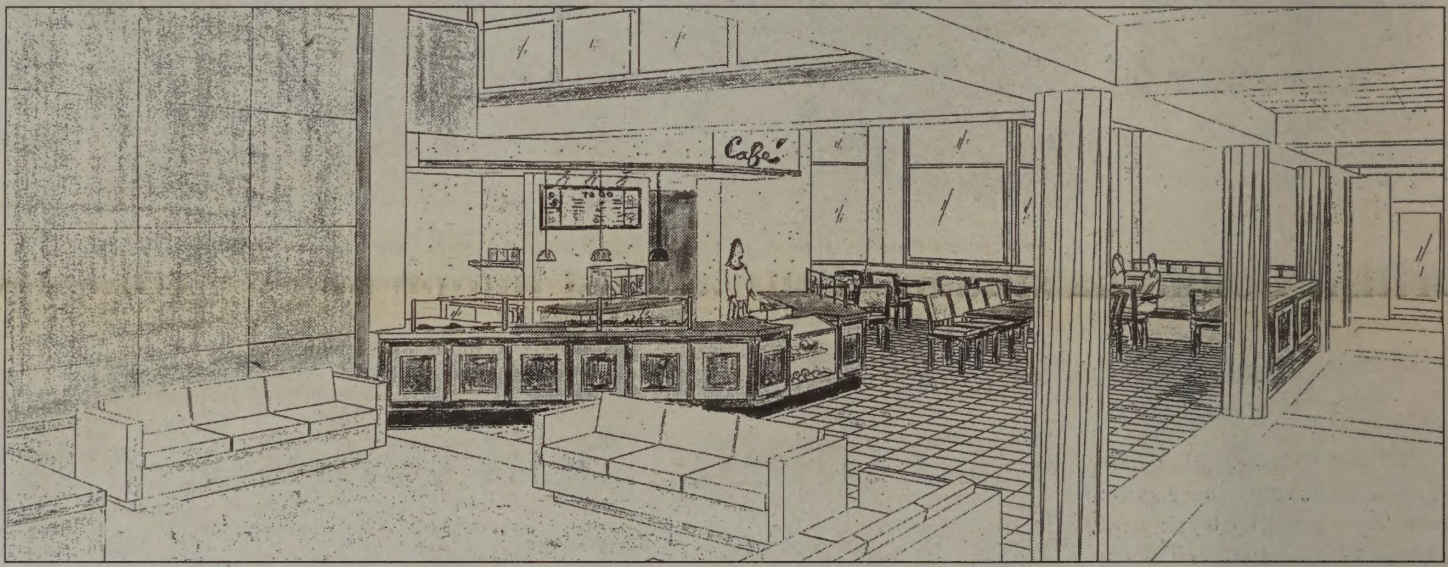

Another artist's rendering of what Greensleeves will look like when it moves to the lower level of Alliot Hall.

RENOVATIONS: Dining hall and Greensleeves to merge next fall

Continued from Page 1

will have unlimited use of the dining hall from 7 a.m. to 8 p.m. Presently, students living in dormitories are required to pay for a meal plan that offers seven to 21 meals per week. The dining hall is open from 7 a.m. to 2 p.m. and 4:30 to 7 p.m Monday through Friday. It is open 11:30 a.m. to 1 p.m. and 4:30 to 7 p.m. on weekends.

A new Alliot

The decision to renovate Alliot's dining room was sparked by a fall 2003 survey in which students expressed a desire for a broader choice, said Green Mountain Dining Hall General Manager Hank Strashnick.

"From that snapshot, we saw students were looking for Greensleeves food downstairs with more cook-to-order selections," Strashnick said.

The Green Mountain Dining Hall's facelift includes a larger serving area to meet the request for more cook-to-order stations. Greensleeves will be downstairs to provide more light snacks, with extended operating hours.

The main entrance to the dining hall will be moved to where the Student Association office is located. Greensleeves will be moved near the area now occupied by couches, serving as a student gathering spot. The Student Association office will move to Greensleeves' current location on the second floor.

The food service area now accommodates about 80 students during a meal period, Strashnick said. With the renovations, more than 200 students will be able to move about the seven food stations.

The Alliot renovation and the addition of the new dorms will enable all students to live on campus for four years, President Marc vanderHeyden said.

"We are becoming very close to making St. Michael's College a completely residential college," vanderHeyden said, emphasizing the college's mission. "We expect all students to live on campus with very few exceptions."

Longer dining hours

The Green Mountain Dining Hall will serve cook-to-order food 13 hours a day next fall, Samara said.

With the longer hours, students will have a day-to-day flexibility and be able to use the meals they are paying for, Strashnick said.

The recent trend on college campuses across the country has swayed St. Michael's to provide nonrestrictive dining room hours and offer more light meals, such as the wraps and sandwiches that Greensleeves now provides. Greensleeves will serve smoothies, calzones and other snacks and have the atmosphere of a Starbucks coffeehouse, Strashnick said.

The extended hours will be more convenient for students like sophomore Dave Herey. He participates in the Focus program, in which St. Michael's students chaperone middle schoolers to Bolton Valley ski area on Friday evenings. He sometimes returns to campus too late for dinner.

"Extended hours might be easier because people will want something to eat," Herey said.

Samara also said students can get a cup of coffee before an early morning class, return later for breakfast at their leisure, then make another stop for lunch or dinner.

Sophomore Rebecca Marquis said she sticks to three meals a day in Alliot and plans to do the same next year despite changes.

Junior Paolo Rosales said next year he will live in a townhouse with a kitchen, but would like to have a plan that allows him two to three visits per week.

"A dining dollars plan would be more efficient and less wasteful," Rosales said.

Junior Christian Paulino said he would still want to use the dining hall despite the option of cooking meals in his townhouse kitchen next year. Paulino said his practice schedule with the baseball team prevents him from cooking. He hopes that a plan will be devised to meet his needs of more than just 40 visits in total per semester.

Robinson said the college is looking into an option that will allow students such as Rosales and Paulino to visit Alliot more than 40 times.

St. Michael's tuition to approach $35,000 within next 3 years

By Amy Weinstock
Photo Editor

St. Michael's students can expect to see about a $5,000 increase in total student costs by the 2007-2008 school year. Neal Robinson, vice president of finance, predicts tuition, room and board will increase to about $34,000-$35,050 by the year 2007.

Today the total cost for full-time St. Michael's students is $30,100. Cost increases have averaged $1,207 annually for the past 10 years, totaling $12,070.

The total cost increases stem from faculty and staff raises and benefits, as well as financial aid, energy costs and the need for technology, Robinson said. He added that the demand for computer technology also increases every year.

"If you are not increasing salaries, it wouldn't be fair to faculty and staff, " Robinson said.

Student Association Vice President Tyronne Walker said he thought the increases were justified.

"If that (total student cost increase) means that St. Michael's is going to be a better institution and the yearly increases are moderate, then I support them," Walker said.

He said people working in Student Life who stay well after 4 p.m. deserve raises.

"They are already underpaid," Walker said. "There are two ways students can look at these tuition increases. They can look at it as a burden or as an asset because it's bettering our institution."

Senior Corinne Ewing said while total costs have been going up they haven't deterred her from attending St. Michael's.

"Tuition has increased a couple of thousand dollars since I've been here," Ewing said. "Getting a good financial aid package has helped."

The college can only spend an allotted amount of financial aid per class. Robinson said this amount is determined by a specific formula: the number of students in a class multiplied by tuition multiplied by 30 percent. This pool of funds stays with that class for all four years.

St. Michael's exceeds private, public costs

Here is a 10-year look at tuition, student activity Fees, Room and Board Charges for St. Michael's College, Four-Year Private Institutions, and Four-Year Public Institutions

Academic Year	SMC	National Private Avg.	National Public Avg.
1993-1994	$18,030	$15,795	$6,212
1994-1995	$19,025	$16,498	$6,620
1995-1996	$19,960	$17,382	$6,743
1996-1997	$21,015	$18,357	$7,142
1997-1998	$22,744	$19,360	$7,469
1998-1999	$23,725	$20,463	$7,769
1999-2000	$24,915	$21,475	$8,080
2000-2001	$26,035	$22,401	$8,418
2001-2002	$26,935	$23,751	$8,991
2002-2003	$28,455	$25,403	$9,689
2003-2004	$30,100	$26,854	$10,636

National private and public averages from The College Board Annual Survey of Colleges. St. Michael's figures provided by Institutional Research.

"Some schools try to minimize their increases by not giving out financial aid," Robinson said.

Several students raised concernsat the first S.A. meeting of this semester about their lack of involvement in determining the tuition increase.

Robinson said students have a say "to a limited extent." He said the board of trustees briefed the S.A. on these issues at a trustees meeting. At this time, the S.A. can entertain any questions or concerns regarding the increases.

First-year student Ryan Flaherty said he could go to school in Massachusetts and save him and his parents money, but it's just not the same environment.

"If we have to pay for it, hopefully it makes the school better," Flaherty said.

According to statistics on national and regional trends in college tuition, New England colleges have the highest tuition costs (excluding room and board) for private four-year colleges, averaging $22,189 over the past 10 years. Tuition at public four-year schools cost $4,892.

According to this data, since the early 1980s, college prices have been rising at two to three times the rate of inflation. From 1980 to 2001, after adjusting for inflation, tuition prices at four-year private institutions have increased by more than 130 percent. The average tuition of the nation's four-year public institutions has increased by nearly 128 percent.

First-year student Chris Jennings said he thought St. Michael's was doing what most other schools are doing.

"You gotta do what you gotta do," Jennings said. "We are not the only ones raising costs."

British Columbia students rally against tuition hikes

By Stephen Hui
The Peak
(Simon Fraser U.)

VANCOUVER, British Columbia– Placard-waving students from several Canadian schools converged on downtown Vancouver, Feb. 4, joining thousands attending protests across the country to demand increased funding for post-secondary education.

The 2,500 protesters called for not only an end to tuition hikes, but also a reduction in fees.

"Gordon Campbell won the election with a promise that he would reduce tuition fees by 5 percent," Summer McFadyen, provincial chair of the Canadian Federation of Students, told the booing crowd. "Gordon Campbell lied."

McFadyen said 90 percent of British Columbians oppose tuition fee increases.

Bearing signs that read "Increase funding, reduce tuition fees" and various insults aimed at the premier, students rallied outside the Vancouver Art Gallery before marching to Canada Place and back.

Some protesters used their signs to cover those held by five students staging a counter-protest.

Joel McLaughlin, a student at the University of British Columbia, said they attended the rally to show that not all students are against tuition hikes. The counter-protesters led the march for part of the route, responding to chants of "No more hikes" with "No more CFS."

Student unions provided buses to transport many of the students to the protest following on-campus demonstrations.

At Simon Fraser University in Burnaby, over 300 students rallied in the main mall. One student bore a sign with the statement: "Stop killing my future." Another's read: "Poverty is my real education."

SFU students Victoria Kowalewski and Karen-Marie Woods said rising fees could make them take longer to finish their degrees.

"I may have to drop out for a bit, work, save money and then go back," said Woods, who is $30,000 in debt.

In Victoria, British Columbia, 2,000 students marched through the capital's streets to the legislature. One speaker, University of Victoria political science professor Radhika Desai, said that British Columbia underfunds post-secondary education relative to other provinces.

"We should be asking not only for a fee reduction, but an increase in funding that puts us on par with other jurisdictions," Desai said in an interview.

Tuition fees in British Columbia have skyrocketed ever since the government lifted a six-year tuition freeze in 2002. Fees have risen an average of 91 percent over the last two years at the province's post-secondary institutions. Students are bracing for another round of tuition hikes this year, with schools already proposing increases of up to 35 percent.

– U-Wire

Answers to this week's crossword

M	E	S	H	■	V	A	M	P	S	■	A	P	S	O	S	■	S	H	A	W
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THEFT: Rash of crimes blamed on careless behavior

Continued from Page 1

Campus Road on Jan. 29.

"It's not like people are breaking in to steal things," Security Director Peter Soons said. "These thefts are, by and large, crimes of opportunity."

The recent trend has involved theft of personal belongings such as handbags, wallets and purses, Soons said. The thefts usually occurs in unrestricted public places where a bag can be set down and left unattended.

"The bulk of these have been in academic buildings, the library, the sports center, and the rotunda," Soons said.

Security is doing all it can to try to prevent these thefts from happening Soons said. Earlier this semester, he sent out an e-mail warning students to be cautious.

"The best way to address this type of theft is to educate the community," Soons said. "We asked the community to question stuff that doesn't seem right. Question suspicious people. That will deter them, knowing that someone is watching them."

Soons also emphasized the importance of keeping an eye on private property in public places.

This recent outbreak of thefts is not out of the ordinary compared with the numbers reported in past years. Last year 63 thefts were reported to Security, averaging five or six a month, which is about the number seen this January.

Students said they still feel safe on campus, but some are more cautious.

"I used to (feel safe) until my skis got stolen in November," sophomore Allen Briggs said. "Since then I have been more wary of my things getting taken, especially around large groups of people. I usually leave my door unlocked so I feel safe in a certain sense, but there is always the possibility for theft that is in the back of my mind."

First-year Vinny Marzelli said he feels safe, but recent thefts have made him more cautious.

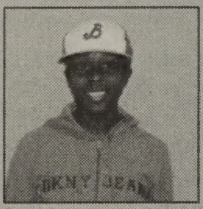
"I feel as safe as the people who drop their bags off every day unattended at Alliot," Marzelli said. "I'm not worried too much. It's been safe so far, but the reality is we shouldn't trust anyone."

CAMPUS SPEAKS

If given the opportunity to marry someone of the same sex, who would you choose and why?

"I would marry Poodle (Katie Kevorkian, left) cause she keeps my feet warm."

Brittany Pagella (right), '05



"Sanaa Lathan cause she's smart, pretty, doing her thing right now, and she's got a good stable income. I'd marry her if she'd buy me the things I wanted and paid off my credit card bills."

Dawana Whyte, '05

"Bill Gates because he's rich and after he dies I get all his money."

Daniel Drew, '05

"Lou DiMasi. He's the most powerful man on campus, a name to be feared and reckoned with."

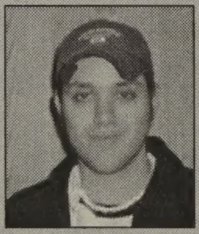
Matt O'Neil, '05

"Hilary Duff. She's cute and she's Lizzie McGuire. I love that show."

Ida Jenkins, '06

"Yao Ming just cause I need a tall guy to keep my ego in check."

Nas Abourizk, '05



"Lisa Raye because she's pretty, has money and she seems nice."

Shemaine Rose, '05

"George Harrison in 1965 because he was growing as a musician and I would have loved to experience that."

John Dermodi, '07

The pros and cons of porn

By Jen Dubois
Tufts Daily (Tufts U.)

MEDFORD, Mass. – Pornography has long been a contentious issue among academics, feminists, politicians, and religious leaders. Although not all Tufts students are regular viewers of pornography, most have come across it at some point in their lives. The fundamental question still remains: is there a consensus on porn?

Fewer women than men admit to using porn.

"I have never really watched porn on my own," a female sophomore said. "Sometimes with friends we look at it and laugh, but I've never used it for my own pleasure."

The advent of the Internet has had a huge impact on the accessibility of pornography, moving it from the adult section of the video and book store to the home computer. Now porn is a click away, reducing any fear of running into a professor at West Coast video.

"(My use of porn was) infrequent earlier on, because there was less of it and it was less readily available," an anonymous senior male said. "As the Internet made stuff more easily available and easier (to access) the frequency of use went up."

Many Tufts students both those who watch porn and those who do not accept porn as a normal part of sexuality.

> "Porn shows a variety of kinds and ways of sex and a variety of men and women. I view porn as a neutral, neither good nor bad, expression or display of certain sides of the sexual spectrum."
>
> – **anonymous male**
> senior

"I don't think that it's indecent for a boyfriend to use porn," sophomore Alison Isaacs said. "You can't always be together when the mood hits him, so there's nothing wrong with him finding ways to satiate his desires himself."

"I think that it's a perfectly acceptable outlet for natural sexual impulses, curiosity, and entertainment," sophomore Claire Freierman said.

Students' opinions vary widely from general acceptance to repulsion of pornography. Some students were concerned that porn could change people's expectations or attitudes about sex.

"A lot of times guys or girls expect certain things from a hookup or casual relationship that they see in porn," sophomore Margot Rapoport said. "However, I think in real relationships porn is not a real factor because there is usually more communication."

Part of people's disgust with pornography is that it's viewed as derogatory towards women.

"I do think that porn portrays woman as sexual objects which exist only to fulfill men's carnal desires," an anonymous sophomore said. "In this way I think that porn is detrimental to relationships between men and women and perpetuates misconceptions about womanhood and sexuality."

Some students worry that porn influences people's perceptions and interactions with the opposite sex.

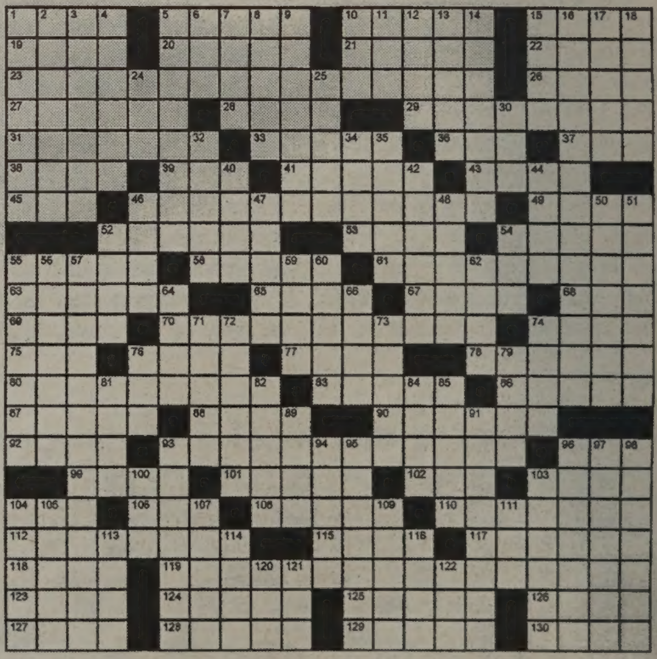
"I believe that occasionally watching pornography won't completely transform people, but over time the images stay with us and can do damage," sophomore Marion Phillips said. "Sometimes guys try to imitate what they see in porn, not realizing that it's acting, and sometimes women don't respond the way they do in porn."

– U-Wire

THE WASHINGTON POST MAGAZINE PUZZLE

Sounds

by Fred Piscop



ACROSS

1 Go together well
5 Bara, et al.
10 Lhasa ___ (Tibetan dogs)
15 Henry Higgins's creator
19 Kin of -ule
20 George who was a woman
21 Way to commute
22 Negri of silents
23 Benny Goodman Halloween tune?
26 Saddlers' tools
27 Allude to
28 Buzz's moon-mate
29 Songfest assignment
31 Gives consent
33 A heap
36 Up to, briefly
37 Soap maker's need
38 Depilatory name
39 Way across town
41 Cheering loudly
43 Long ride?
45 Conduit bend
46 Halloween bluegrass standard?
49 Sundance's gal
52 Satan's growth
53 Make smooth
54 Alluded to
55 "Matter of Fact" columnist
58 Applies wax to, maybe
61 Nodding
63 Encirclements, of sorts
65 Crotchety sort
67 Manx cat's lack
68 Called the shots
69 "___ the mornin'!"
70 The Chimes Halloween tune?
74 Denier's words
75 One of "Them!"
76 WATS part
77 Luxor's river
78 "Miracle Mets" pitcher
80 Neapolitan, et al.
83 '03, say
86 Ain't correct?
87 It may be spread
88 Hightail it
90 Like some phones
92 Falls off
93 Fats Domino Halloween tune?
96 El ___ (Heston role)
99 View from Taormina
101 "Really!"
102 Word in many nicknames
103 "___ fan tutte"
104 Bruins legend
106 Dewey, e.g.: abbr.
108 Scout master?
110 Gibran's birthplace
112 They get last licks
115 It occurs in joints
117 Take stock?
118 Love personified
119 Little Anthony and the Imperials Halloween tune?
123 Duff
124 Strain or rain follower
125 Lashes
126 Inner: prefix
127 An eternity, seemingly
128 Trusty ride
129 Trojan War name
130 Anna of "Nana"

DOWN

1 Marsh emanation
2 Upright
3 Crate marking, maybe
4 She received an "A"
5 It's in the back
6 Boxer Laila
7 Demeanor
8 Is nosy
9 Impassive
10 GP gp.
11 Price word
12 Cooperstown tidbit
13 Asteroid's path
14 Tofu is made from it
15 Sauna spots
16 Led Zeppelin Halloween tune?
17 Alnico, e.g.
18 Stuff to toss
24 Hornswoggled
25 Solar eruption
30 Samuel's teacher
32 Execs
34 Sawboneses
35 Miles of film
40 Graf ___
42 Diva Tebaldi
44 Calico call
46 Handle adversity
47 Letter sign-off
48 '50s campaign name
50 Grab a coffee, maybe
51 Was humbled
52 Full of energy
54 8 pts.
55 Rogers partner
56 Elsa was one
57 Neil Diamond Halloween tune?
59 Tender ender
60 Like some booms
62 Sons, in some business names
64 Teed off
66 Coffee size
71 "Cool!"
72 Was aired
73 All in
74 ___ a soul
76 IAD posting
79 A noble
81 Damage, so to speak
82 Clunky shoe
84 London district
85 White lightning maker
89 Move, in Realtor-speak
91 Local pol
93 No-goodniks
94 Fab Four name
95 Airbrush, maybe
96 Magazine filler
97 Set apart
98 Enjoyed gastronomically
100 Rebellious Turner
103 ___ in (redeems)
104 Midwest hub
105 Lover boy
107 Corday victim
109 Navel type
111 Good deal
113 Blows it
114 Pouty look
116 Commuter's payout
120 Get mellow
121 Sparks of film
122 "Pshaw!"

Answers on Page 3

FEATURES

Hypnotism: Strictly comedic or therapeutic?

By Kashina M. Sylvester
Features Editor

Friday Feb. 6, the NCAA and St. Michael's College sponsored an evening with Marko, master magician and hypnotist. In front of a full house, Marko placed student volunteers into a trance and proceeded to suggest they do such things as forget their own names, dance like exotic dancers and blast off into space to meet with martians.

Most volunteers went on stage as skeptics and, like sophomore Krystal Wrinn, ended the night as believers.

"I always saw other people doing it and thought that they were faking, but no way. That guy was awesome," Wrinn said

Other volunteers went up to prove a point and returned from the experience sure that they'd never do it again. First-year Michael Hill Jr. was one of these students "I thought it couldn't be done. That's the main reason I went up on stage." However, Hill said he could feel himself doing all the idiotic acts, but couldn't stop. When asked if he would do it again, he replied, "No, I wouldn't do it again. I kinda made a fool of myself."

Toward the end of the show, Marko guaranteed himself future volunteers with a few post-hypnotic suggestions. He instructed participants to come on stage and immediately fall into a deep sleep during any future shows he may do at St. Michael's.

"After the show ended, I couldn't remember anything, but as the night went on it all came back. He must have forgotten to take away a post-hypnotic suggestion," Wrinn said. Marko suggested that everytime certain volunteers hear the word video they would be dragged around by a large dog "My friends thought it was fun to whisper "video" into my ear and watch me be dragged from McCarthy to Cashman. I had to throw myself into the snow just to stop."

Photo by Kashina M. Sylvester

Marko hypnotizes first-year Michael Hill Jr. into delivering his first born into the arms of first-year Kristina Swisher (hypnotized to believe she's a doctor) and Daniel Sanchez (hypnotized to believe he's a nurse).

Not all hypnotism is comedic. Marko's Web site advertises the ability to design a show around more serious topics like self-confidence, self-control, anger management and much more. Hypnosis has been used to reduce pain and stress, achieve weight loss and put an end to bad habits such as smoking. Hypnosis is not a technique used on campus. David Landers, director of the Student Resource Center and a personal counselor, said other techniques can achieve the same outcome.

"I think it's more about what you believe in. Relaxation exercises put people into a relaxed mind state and ease tension," Landers said. "Relaxation focuses your mind and focuses it somewhere other than where it has been previously occupied."

Landers said he believes that guided imagery, visualization and relaxation can aid in easing stress. Corey Laster, assistant coach of women's basketball and Multicultural Student Affairs director, doesn't believe in hypnosis.

"My coach during my sophomore year of college was heavy into meditation. He would have us lie on the ground and think about the game, shooting well and making shots," he said.

If the point of hypnotism is to divert someone's attention from everyday stresses. Then Marko was able to hypnotize a full houseand keep them laughing.

Hip-hop workshops focus on sexes

By Latoya Hunter
The BG News
(Bowling Green State U.)

BOWLING GREEN, Ohio – Define it. Redefine it. Live it. Understand and respect it. Hip-hop culture has leapt from the streets of the South Bronx, around the world and now into Olscamp Hall at Bowling Green State University.

Sponsored by the Center for Multicultural and Academic Initiatives, the fifth annual Black Issues Conference focused on the subject of hip-hop culture and its influence on society. Called "Definition: Hip-Hop."

After a brief welcome session, attendees had the chance to attend various workshops focused on differing hip-hop issues. One controversial workshop discussed the portrayal of women within the industry. Being a large source of debate, both within the hip-hop community and along lines of gender, workshop members were given the chance to express their views about the controversy.

The comment of Ashley Gray voiced the feelings of many women in the room. "Respect yourself and be a woman for you. You have to demand (men's) respect."

A second set of simultaneous workshops went even further into gender issues by allowing men and women to separate and work within their own groups. Raising questions on the meaning of a "real man" and the empowerment of black women, each group was allowed to speak openly and receive feedback without being inhibited.

While Saturday's conference focused on improving and dealing with issues facing African-Americans today, it was also a forum for an awards presentation. Deserving students received the Martin Luther King Scholarship as well as the newly renamed Jack Taylor Minority Book Scholarship.

The conference's keynote speaker Michael Eric Dyson brought a different perspective to audience members as he spoke not only on the history and influence of hip-hop, but the burden that it bears.

"Hip-hop at its best is a way for young people to articulate their hopelessness; their helplessness," Dyson said.

Dyson conversed with the audience both as a scholar and as a friend, allowing people to laugh not only at themselves, but also to define hip-hop as an expression of a people. However, like any art form, Dyson explained that it could sometimes be silly, confusing to some or cause controversy.

Workshop panelist Ramona Coleman put it best by saying, "Hip-hop is a vehicle that you can use to educate. It can be empowering. We must ask ourselves how we can use it to pave the way for black progress and culture."

– U-Wire

HOROSCOPES

♈ **ARIES: (March 21-April 19)**
Take this week to spend some valuable time alone. It will give you the opportunity to catch up on work and clear the cobwebs in your head.

♉ **TAURUS: (April 20-May 20)**
This week act swiftly and approach any task with enthusiasm. This new attitude will gain you the recognition you desire.

♊ **GEMINI: (May 21-June 20)**
Your two-sided nature has given you a love for not only reality, but a fictional realm as well. Your significant other doesn't appreciate your love of fantasy. This week you may want to spend more time with them here in the real world.

♋ **CANCER: (June 21-July 22)**
This week will be a difficult one full of many trials and even more failures. Fortunately you will find comfort in the support of your friends and family.

♌ **LEO: (July 23-Aug. 22)**
Love temperamental beast. One minute she has you mesmerized by her hypnotic gaze and the next she's unexpectedly swallowed you whole. This week flowers and candy may soothe the beast and save you an arm.

♍ **VIRGO: (Aug. 23-Sept. 22)**
This week is the ideal time to achieve goals that you never thought were possible, but only through cooperation and understanding will you be successful.

♎ **LIBRA: (Sept. 23-Oct. 22)**
Love at first sight is a powerful thing, but before making any commitments you may want to check that their heads aren't empty.

♏ **SCORPIO: (Oct. 23-Nov. 21)**
A vacation may be just what you need to soothe the strain you've been under. Try something a little close to home. A ski weekend could be just what you need.

♐ **SAGITTARIUS: (Nov. 22-Dec. 21)**
You're too conscious of the opinions of others. This week take a chance and stand out in a crowd. You'll find that less people than you thought are criticizing you and more are commending you for you bravery.

♑ **CAPRICORN: (Dec. 22-Jan. 19)**
Only after weighing your other options and thinking long and hard should you make any major decisions this week.

♒ **AQUARIUS: (Jan. 20-Feb. 18)**
This week you find the way to greater happiness only while expressing yourself through more creative means. Get a camera or a set of watercolors and express yourself.

♓ **PISCES: (Feb. 19-March 20)**
Pisces can become easily addicted to those things that create euphoric or enjoyable feelings. This week avoid overindulgence. Food, drugs and especially alcohol can easily become an unhealthy habit.

Editorial

Offended or obsessed?

The breast has come and gone. And come and gone, and come and gone again. Every late-night comedian mocked it, every cable news show over exposed it, FCC Commissioner Michael Powell fined CBS and MTV for airing it, and every TiVo user obsessed over it. It was in yesterday's news for a week and a half. But as I see it, if Janet Jackson's still making public apologies, then the subject is still up for discussion.

Everyone has an assumption about the sequence of events led to the "wardrobe malfunction." Was it indeed a well-intentioned plan that went awry? Maybe a shameless publicity stunt to spotlight her new album? Or how about an outlet for Janet to show the world that she, too, jumped on the body piercing bandwagon? Whatever it was, it was not classless, crass or deplorable, as Powell called it. Remember, it was only a breast. The lyrics of the song were more vulgar than the exposing act. Get over it. MTV has aired music videos more scandalous than Janet's right breast, and Powell hasn't shaken a finger.

But fingers were pointed and fines were assigned to every company associated with the halftime show. MTV was singled out because it sponsored the show, which was already overflowing with sexual innuendo long before the breast made its appearence. CBS was criticized and received a deluge of phone calls from angry viewers because it was the network that aired the game. My question is did CBS receive the same phone complaints when it aired a constant stream of live footage from Iraq during the war? I didn't know a brief flash of skin was considered more offensive than seeing bloody shrapnel victims during dinnertime.

After the performance Powell stated he would launch a "thorough and swift" investigation into the event. What is he planning to investigate? It was a breast, not a bombing. No one was harmed in the process and an investigation is going to tell you the same. Why not investigate the obsession TiVo subscribers had with the incident. TiVo used its technology to measure audience behavior among 20,000 users during the Super Bowl and found the brief, three-second flash caused a 180 percent spike in viewership. Judging by these figures, you'd think the adult TiVo subscribers had never seen a breast before. With ratings like this, it's difficult to believe people were more offended than obsessed.

It was impossible to calculate the repercussions of the flashing right away. But in the days to follow, Janet was taken off the Grammy guest list, mandatory tape delays on live performances were discussed, and nearly every corporation associated with the performance greeted the country with what seemed like forced apologies. If the FCC and other commissioners are going to make these apologies mandatory for a breast-bearing offense, does that mean we can expect apologies from Victoria's Secret models for their lingerie ads that are accessible to the public, shampoo companies with provocative shower scenes, and rappers such as Nelly and 50 Cent for their sexually objectionable videos?

Whatever the obsession with the breast, whatever the reason for the hype, I say kudos to the duo. Their act will go down in history with the infamous Madonna/Britney VMA kiss seen around the world. There is no need to apologize to the world, because no one was harmed in the viewing. If anything, the country was joined for that brief moment in time with all eyes glued to the TV screen.

Cate Westberg

Cate Westberg
Executive Editor

The Defender Mission Statement

As the editorial staff of The Defender, the student-run newspaper of St. Michael's College, we strive to accurately, professionally and ethically report the news affecting the lives of students in the community.

The decisions we make with regard to content and style are our own, and are influenced only by our goal of both informing and entertaining our readers.

We believe in the freedom of expression. We encourage our readers to express their views at any time.

The Defender publishes letters to the editor in response to articles that we have printed in the paper and issues on campus. The Defender does not publish anonymous letters. Letters will be edited only for grammar, spelling and good taste.

Photo of the week

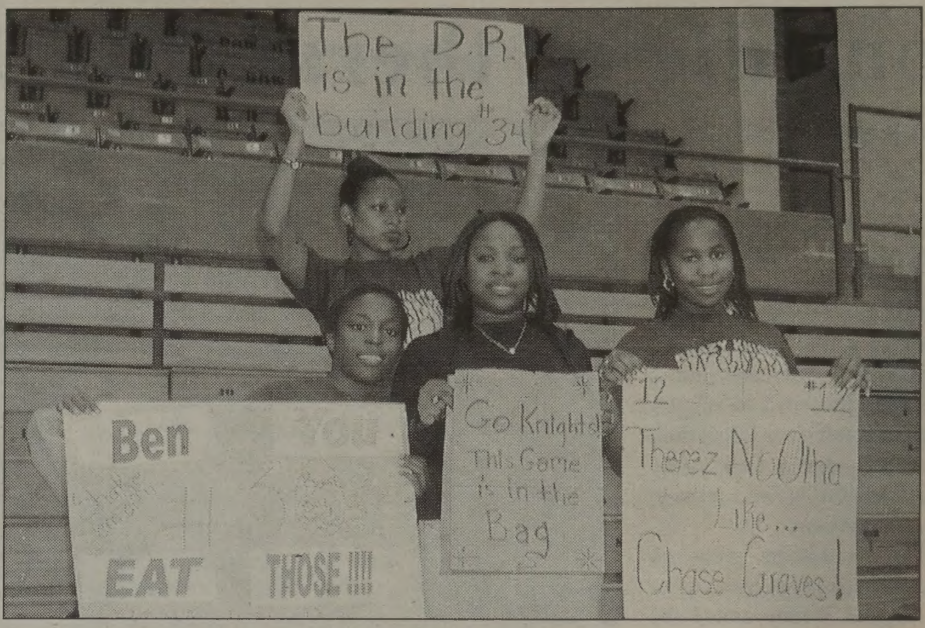

The D.R. is in the building #34
Ben
EAT
THOSE !!!
Go Knights This Game is in the Bag
12
12
Therez No Otha Like... Chase Graves!

Photo by Kashina Sylvester

SMC fans display homemade signs supporting the St. Michael's men's basketball team during the Feb. 7 home game against Pace University. SMC prevailed with a score of 62-58.

The rise and fall of Howard Dean

By Robert Butts
The Dartmouth
(Dartmouth College)

HANOVER, N.H. – Barely four weeks ago, I wrote in this column that voters had "fallen in love with Howard Dean ... He's the man to beat in the Democratic primary." I believed it, too. If you handed me a Bible, I'd have sworn on it. If you offered to bet, I'd have shaken your hand, called you a sucker and prepared to pocket your money. Oops.

Time makes fools of us all – especially those of us with the audacity to pontificate. The fact that countless other political commentators (and basically everyone else not on John Kerry's payroll) made the same mistake isn't much of an excuse. Howard Dean's initial rise was a surprise; his sudden fall was flat-out shocking.

Dean's collapse was virtually unprecedented in its speed and severity. Less than a month ago, He enjoyed comfortable double-digit leads in Iowa and New Hampshire. For almost a year, Dean's efforts concentrated on those two states. He'd raised more money than any other challenger. Howard Dean looked ready to coast through the first two primaries and establish himself as a prohibitive favorite for the Democratic nod.

Instead, Dean stumbled out of the gates with a weak third-place finish in Iowa, capped off with the infamous "I have a scream" speech, as the media instantly dubbed it. In New Hampshire – Dean's own backyard – he finished a distant second. With his Iowa/New Hampshire strategy in ruins, and his campaign war chest almost depleted, the "man to beat" was essentially out of the primary. If the door was still open by a crack, it slammed shut last Tuesday, when Dean failed to win any of the seven primaries, finishing with four third-places, a fourth and two fifths.

Why did the high-flying Howard Dean plummet to earth so quickly? Survey after survey and exit poll after exit poll gave a single explanation: electability. When it came time to step into the booth and cast a ballot, voters wanted to choose a candidate who could compete in the general election. The consensus was that Howard Dean didn't fit the profile. Electability turned out to be Dean's fatal flaw, and one largely of his own making.

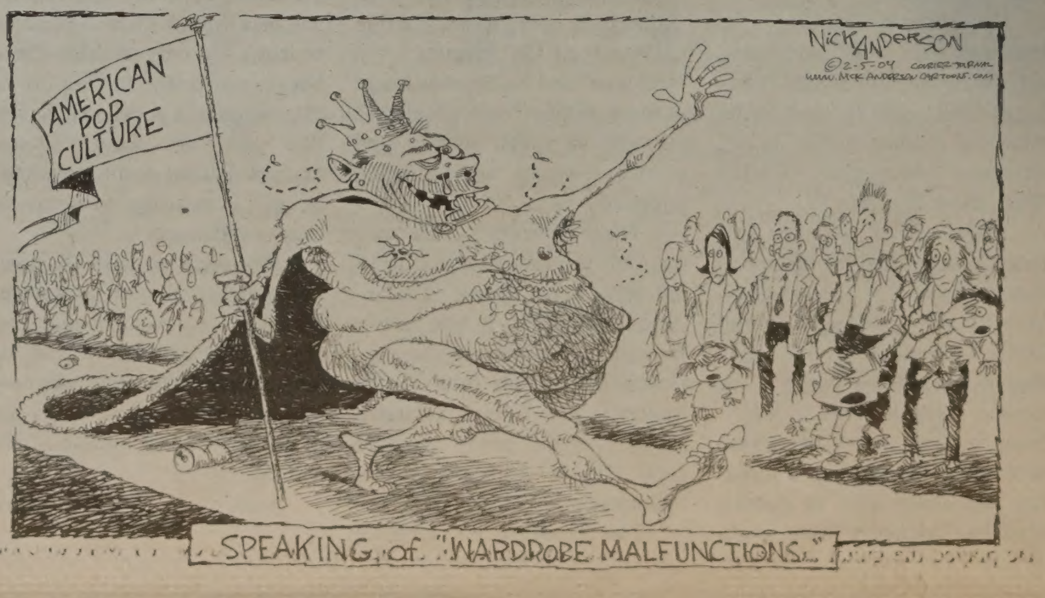
Dean was first propelled to the front of the Democratic pack by his relentless, impassioned attacks on George W. Bush. He made no secret about his appeal to the "Democratic (read: liberal and Anti-Bush) wing of the Democratic Party." Dean staked out the high ground on Bush-bashing, and it endeared him to the party base. The media, fascinated by Dean labeled him "the angry candidate."

By the time Iowa rolled around, though, Dean's competition had jumped wholeheartedly onto the Bush-bashing bandwagon. The media was still playing-up the "angry" angle, and voters were starting to worry. But the message Dean sent out was: more anger. Dean's ads hailed his opposition to Bush on Iraq, his opposition to Bush on taxes, his opposition to Bush on basically anything. Instead of advancing original ideas, Dean's ads reveled in his "courageous" opposition to Bush before it was the cool thing to do. Judging from the Iowa results, this approach didn't play with voters as well as John Kerry's war record or even John Edwards' Southern accent.

Then there was the speech. The huffing. The shedding of clothes. The scream. Dean's speech was a colossal mistake simply because it played right into the angry stereotype. It confirmed potential supporters' worst fears of Dean as being unelectable.

Of course, given my recent track record at political predictions, Dean will now go on to win it all. In this election, nothing can surprise me anymore.

– U-Wire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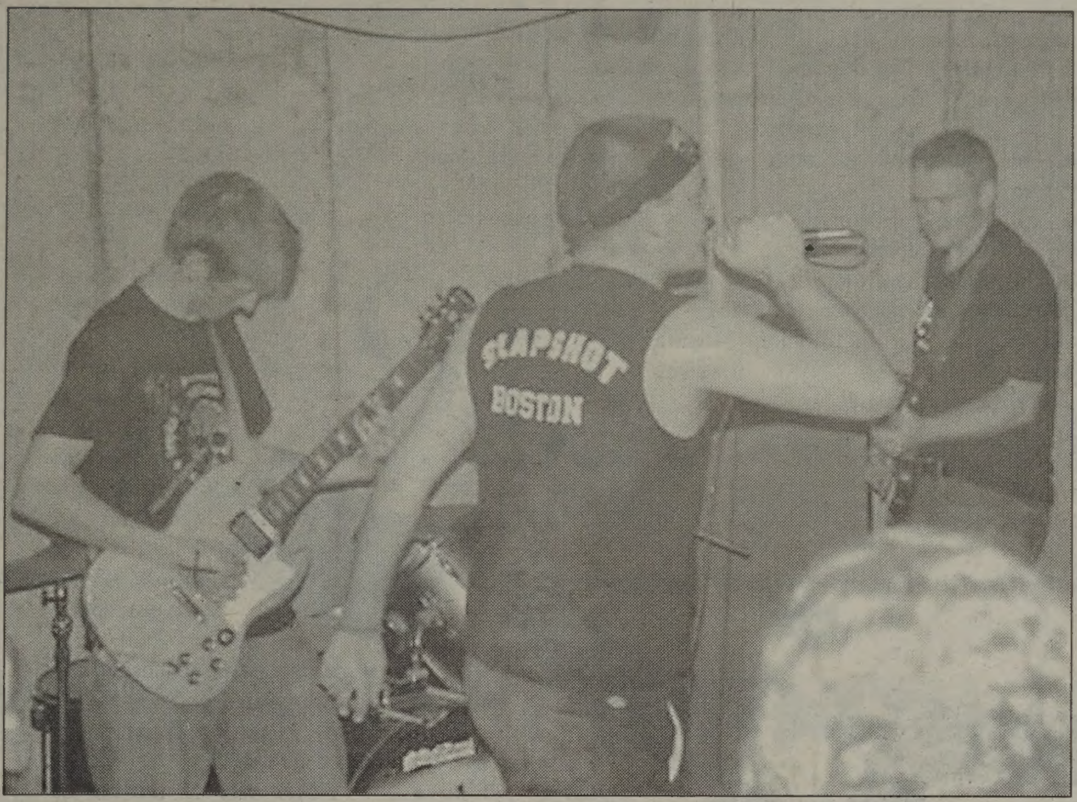
SPEAKING of "WARDROBE MALFUNCTIONS."

Local guitarist looks at life in music scene

Alan Blackman, member of hardcore band My Revenge, reflects on his career before new album release

By Kara Nemergut
Staff Writer



Photos courtesy of www.my-revenge.com

Above: Alan Blackman (left) and his My Revenge bandmates Spencer Crispe (center) and Mike Halvorsen perform for fans. The band just finished recording a new album due out in May. Below: Blackman has been playing guitar since age 11 and enjoys the oportunity to perform with the band.

A large picture window showcases a tall, thin young man sitting at a two-person table. The dim lighting turns his green hat and maroon hoodie three shades darker. With people chatting and the warm smells of coffee wafting through the air, his deep laugh cuts through the background noise.

Sprawling his lanky 6-foot, 140-pound frame into an unsteady chair at Muddy Waters, Alan Blackman talks about life and music.

Blackman plays lead guitar for the four-person hardcore Burlington band My Revenge.

"Adrenaline-filled, full-contact, nonstop attack until the last note hits. That's hardcore," said Mike Wierzbicki, lead singer of the hardcore band Fight Back.

My Revenge has just finished recording "Less Plot, More Blood," the band's first release since "Both Feet Over the Line" was put out in spring 2002. After signing with Thorp Records in December, My Revenge decided to record the new album at Egan Media Studios in Colchester. My Revenge recorded 15 songs in 11 hours for the album, which is due out in the second week of May.

"Anyone who records knows that that's a pretty short amount of time, so we're really pleased with they way it came out," Blackman said. "The songs range from mid-tempo punkcore songs to really fast hardcore songs with breakdowns. Fans of Minor Threat, Sick of it All, Judge and Warzone will like this album."

Blackman said he is thrilled to be playing with My Revenge. "I love it. It's surpassed every band I've been in before," he said. "I've done more with this band than I'd ever thought I'd do. We've played at CBGB's and gone on tour." One of the band's tours of the East Coast garnered that visit to CBGB's in New York City, one of the most famous underground rock music venues in the world.

Blackman, 19, an only child, grew up in Waterville. Blackman decided to pick up the guitar at age 11. His biggest influence was Kurt Cobain, the late lead guitarist and vocalist for Nirvana.

"Nirvana has changed my life in more ways than I can count," Blackman said. "From sixth grade to eighth grade, I was a hardcore Kurt Cobain fan."

Listening to Nirvana allowed Blackman to have opinions. The messages in the bands lyrics made him realize that people don't need to follow the crowd, he said. It also turned him onto the punk/hardcore scene.

With two friends, Blackman started his first band, Ritalin, a punk band, in the seventh grade. He played the guitar and sang. It lasted for about a year and a half. He said they had an extensive knowledge of music for their age. They even covered songs by the band Black Flag, a well-known punk band with a worldwide following.

My Revenge new album info

- Title: "Less Plot, More Blood"
- Release: May 2004
- Label: Thorp Records
- Available at concerts

Visit Web site for more information:
www.my-revenge.com

While in Ritalin, Blackman played at the club 242 Main in downtown Burlington for the first time. "It was the band I cut my teeth with and kinda got my courage up with," he said.

During the time Blackman was in Ritalin, and for several years after, he attended Lamoille Union High School in Hyde Park.

First-year Jared Coolum, who also attended Lamoille Union, spent a lot of time with Blackman in high school.

"Alan and I were good friends the junior and senior year at Lamoille Union High School," Coolum said.

"We had this one teacher that made an impact on both of us," Coolum said. "I remember sitting and watching him and Alan talk about politics. Sometimes I joined in, but it was much more interesting to watch because Alan is a devout liberal and our teacher was a devout conservative."

Blackman chose not to go to college right after high school and decided instead to move to Burlington, an hour away from his parents' home.

"I didn't move out because I was unhappy, but because I felt that nothing new would happen in my life," Blackman said.

He is, however, missed in Lamoille County.

"He's a really funny guy. People still talk about him at school," said Kelsey Douglas, a senior at Lamoille Union. "He's Alan. I don't know, what else can you say?"

Blackman lives in an apartment with four friends and doesn't want to go back to live with his parents. He said he feels many people use their parents as a crutch or an escape from the "cold harshness of the world." Blackman said he likes to believe he takes a running leap at his problems and might eventually enjoy the experience.

"I think I have a better relationship with my parents than a lot of kids," he said. "When I moved out, I started seeing my parents as people instead of providers."

Although Blackman is on his own, he doesn't think he is grown up yet. "I don't claim to work hard," he said. "I'm not strong, I'm still a kid."

In fact, he said he doesn't want to grow up too fast. That is one of the reasons he didn't go to college. Although he plans to attend Johnson State College in Johnson in the fall as a history and education major, Blackman chose to put off college because he said he hated high school and wanted to tour with his band instead.

Blackman said he felt he needed a little time to figure out what he wanted to do with his life. "I knew if I went to college right away, I wouldn't have a specific direction or drive," Blackman said. Instead of going to college, Blackman works at Meals on Wheels, which delivers meals to the elderly and disabled throughout Burlington, and at Battery Street Jeans, a consignment store. He also continues with his music.

Blackman said he wants to tour and play as much as possible. "I want to take it to its furthest possible realm. I want to take it to its furthest limits," he said. "I would love to be a career musician, but I don't think it's a reality.

"I dread the day I say to myself, 'I'm too old to play in a band. It's time to start my professional life,'" he added.

Blackman plans on eventually becoming a teacher. His planned education major at Johnson State is a step in that direction.

Blackman said he thinks he is ready to go to college now that he has gotten the partying out of his system. He has made the decision to be drug and alcohol free, as well as giving up meat and other animal products.

Although Blackman has chosen a straight-edge, vegan lifestyle, some of his friends don't agree with his choices.

"He's the weird kid who can't eat anything because he's a vegan," said Tom Welch, lead singer of the Rutland/Boston punk band Send More Cops.

Blackman, who was formerly a vegetarian, decided to become vegan in March.

"I saw that the reason that I went vegetarian coincided with many reasons people went vegan, so I decided to go vegan, and I stuck with it, even when it meant I went hungry from time to time," Blackman said.

Being vegan means that Blackman chooses not to eat or wear anything that comes from animals. This means anything with animal products, such as meat, milk, eggs, wool, soaps, some gelatins, and anything else that consists of some form of animal products.

Vegans also avoid using products that are tested on animals, such as many popular soaps, shampoos and other beauty products.

This means Blackman has to spend more to buy foods that he can eat and that will keep him healthy, too.

People seem to have less of a problem with Blackman's straight-edge beliefs. The entire lineup of My Revenge practices the straight-edge lifestyle, which means they abstain from alcohol and mind-altering substances.

Blackman's friends unanimously agreed that whatever his lifestyle choices, they enjoy his company.

"Alan is very generous, thoughtful and helpful," Wierzbicki said. "He's an all-around good kid."

Coolum agrees with Wierzbicki. "Alan is an outrageous person who isn't afraid to do anything," Coolum said. "He is very funny and always knows how to make people laugh. Alan is very intelligent, and it was always fun to be around him. He is the kind of person that you can both talk seriously with and also talk jokingly with."

Blackman is well liked in the punk community, where he is known for having a unique sense of humor and style.

Wierzbicki remembers one such unique hairstyle. "He used to have this huge hair that just went straight out over his face," Wierzbicki said. "His hair looked like an airport runway. He gelled it way out. It ruled."

Blackman said he is looking forward to the release of the new album, which is a compilation of the songs he has been working on for the past two years. He also looks forward to continuing with the band and taking his music and talents as far as he can.

Singing Valentines: A unique gift

Singer Kenneth Nosek offers a new service to Burlington area

By Abby Sweetser
A&E Editor

If you were looking for an unusual Valentine's Day surprise this year, Kenneth Nosek might be just what you need.

Nosek is offering Singing Valentines. For $30 Nosek will show up at your door, place of business, school, or just about anywhere, and sing two songs for your significant other.

"I sing 'Eight Days a Week' by the Beatles and a Valentine's Day song that I wrote myself," Nosek said.

Singing his own Valentine song is one of the things that makes Nosek's service special.

"It gives it a personal touch and helps make it more distinctive," Nosek said.

This is the first year Nosek has offered this service in Vermont, although singing telegrams are nothing new to him.

"I wanted to do this for a long time; I did singing telegrams in the Phoenix, Ariz., area when I lived there," Nosek said.

He also said he has professional training in dance and performance and has done musical theater.

Nosek said he does the singing Valentines as a sort of "one man show," although he is always looking for other singers interested in working with him. He also said he hopes to make the singing telegram service a year-round business.

"I've gotten a good number of responses," Nosek said. "I'm happy with the amount. People seem very happy with the way I set it up."

Nosek has an agreement with Lake Champlain Chocolates and Maplehurst Florist so he can also bring chocolates and flowers, for an additional charge.

He began working with the shops in the beginning of January to work out this deal.

"I chose to work with (these businesses) to offer a total package," Nosek said.

Nosek encourages his customers to make arrangements with the florists and chocolate shop themselves, and then he will pick them up and deliver them when he comes to sing. He will, however, arrange the whole order himself for a fee of $5.

In an effort to keep his business organized, Nosek offers only certain choices for chocolates and flowers. These choices include a Raspberry Heart Throb that can be personalized, heart boxes filled with different chocolates, as well as a box of five truffles. For flowers, Nosek offers traditional roses, carnations, tulips and flower baskets.

"I love being able to offer the tulips; they are a great middle-range flower. For $15 you get 10 tulips and they look beautiful," Nosek said.

He also said roses on Valentine's Day are traditionally very expensive, his price is $60 for a dozen red roses.

Around St. Michael's College, students have a mixed response to the idea of singing Valentines.

"If my boyfriend ever sent me a singing Valentine, it would be really awkward because here's this stranger singing love ballads to me," senior Becca Yeamans said. "If someone was going to sing love songs to me, I would rather it be my boyfriend."

First-year Jessie Palatucci said she wouldn't mind having a singing Valentine sent to her.

"I think it ... (would be) hilarious. It's a creative way to do it, it's not just chocolate," she said.

First-year Amanda Gallagher said she thought it was a unique idea, too.

"I think it's really cute. I don't know how I would react if I got one, but I think it would be really fun," she said.

Gallagher said she was concerned about the cost of the singing Valentine.

"Thirty dollars is a lot of money," she said.

Sophomore Stephen Scuderi agreed that the cost might deter some people.

"Thirty dollars is a lot to ask of college students," Scuderi said. "He could get more business if he lowered the cost. I think the money could be better spent somewhere else."

Nosek said the number of calls from males and females have been about equal, but that more women were willing to follow through with the order and make an appointment.

Nosek also noted he was looking forward to going into schools and places of business to sing on Valentine's Day, but that at this point no one had requested that.

Despite the lack of businesses and schools to sing at, Nosek already considers this holiday a success.

"It's something I wanted to do for three years," he said. "My measure of success is actively participating in making it happen."

'Flow,' a hip-hop theater act, coming to Vermont

By Kara Nemergut
Staff Writer

Will Power, a pioneer in the emerging genre of hip-hop theater, is coming to the Flynn Center for the Performing Arts this spring to perform a show he wrote. His show, "Flow," plays April 8 and 9 at the FlynnSpace.

"Flow" tells the story of seven emcees. It was written by Powers, directed by Danny Hoch, and choreographed by Robert Moses. DJ Reborn spins for the show.

Power is an actor, rapper, playwright, singer and spoken-word artist. He is internationally known and has performed all over the world. He has been featured in many magazines and on many television stations, such as VIBE, The Source, BET and MTV, the Flynn said.

While hip-hop theater might be a new concept, some St. Michael's students know what it is.

> "Hip-hop is a fun dance style that has really made a real impact on culture and society."
>
> – **Lexi Roberts**
> senior

"My sophomore year, an 'urbanized' play called 'Rome and Jewels' was performed at the Flynn," senior Phil Charles said.

"The best way to describe 'Rome and Jewels' is to imagine the Romeo and Juliet story, but spoken in half Shakespearean English, half ebonics, with the props and scenery modernized in the same way as 'West Side Story,'" Charles said. "I liked it. It was quite a unique blend."

The Flynn is also offering a class for students grade nine through adult that will teach students the techniques of hip-hop theater. Powers has given hundreds of workshops at schools, community centers, and colleges around the world.

Although the class is not offered on the St. Michael's campus, some students seemed interested in it.

"I think a lot of people would go to a hip-hop seminar. I would go. I would love to go," first-year Mike Hill said. "There're a lot of people on campus who like hip-hop."

Senior Lexi Roberts said she would also be interested in the program.

"Spoken word is something that I find very interesting and fascinating to watch," Roberts said. "I would go to a class if I could, because hip-hop is a fun dance style that has really made a real impact on culture and society."

The St. Michael's Office of Multicultural Student Affairs is co-sponsoring the program.

"For programs like this, someone in the community who has a connection with St. Mike's asks us to co-sponsor (the program) with them.," said sophomore Tyronne Walker, who is actively involved with the MSA.

Aimee Petrin, the programming manager for the Flynn, said the St. Michael's connection has been key to getting programs like this going.

"We do a lot of multicultural progamming," Petrin said. "We get programs from all over the world and all over the country."

The Flynn is also working with the St. Michael's Culture Club and the President's Office to bring Powers to Vermont.

In his performances, Power doesn't shy away from controversial issues. Power addresses issues like race, HIV/AIDS, and violence.

Registration for the Flynn workshop is going on now, and tickets will be on sale soon.

Movie Review

"Miracle"
Director: Gavin O'Connor
Writer: Eric Guggenheim
Starring: Kurt Russell, Patricia Clarkson
Rating: 10 out of 10

'Miracle' on the big screen

By Josh Cooper
Photo Editor

To say that a hockey game is one of the greatest moments in our nation's history might be a bold statement, but I can't think of another time, in the past 30 years, when everyone was more proud to be an American.

The movie "Miracle" perfectly captures the true story of the almost impossible gold medal run of the 1980 U.S. Olympic men's hockey team.

The movie shows a group of college kids, led by Coach Herb Brooks (Kurt Russell), going up against a four-time defending gold medal-winning Soviet team of professional hockey players.

"Miracle" isn't simply the story of a hockey team winning over an almost insurmountable opponent, it's the story of Brooks – the man behind the team. The real Brooks, who died in a car accident just after the film was completed, was able to work with Russell throughout the film.

Russell is a huge hockey fan and frequent follower of the NHL's Los Angeles Kings, which makes him a good choice as Brooks. He brings an emotion to the character that no one else could.

The movie does an outstanding job of recreating the atmosphere that lingered in our country during that time. The heart of the Cold War and a troubled economy didn't exactly give Americans something to cheer about. But when the Olympics came to Lake Placid, N.Y., in 1980, it all changed.

Finally, there was something positive, something that gave hope and a sense of pride that our country seemed to be lacking at the time.

What gives this movie a natural feel is how it used real hockey players, not actors trying to play hockey. No one acts like a hockey player better than a hockey player.

Even though it would have been nice to see "Youngblood" combo Rob Lowe and Patrick Swayze back on the ice together, I am glad that they did it this way.

All photos by Joel Lehman

Left: Keith Rousseau and Brian Fischer work hard as they snowshoe the Long Trail toward Taft Lodge. Right: Rousseau and Fischer debate over how much distance we've covered.

Backcountry skiing, Vermont Style

Hiking for your turns: Skiing the way it was meant to be

By Joel Lehman
Outdoors Editor

The plan seemed simple enough: Snowshoe up the highest mountain in Vermont, then ski down via one of the most notorious backcountry trails in the East. But as I stood with my two friends deep in the Mount Mansfield woods, pondering over the topographical map, our excursion to ski Hellbrook was clearly going to be more difficult than we had estimated.

The GORP Backcountry Guide describes Hellbrook as "a gnarly river canyon … it's steep, it's tight, it's got everything from powder to ice." We had hiked the trail a few summers earlier and had been licking our chops to ski it ever since. The hike itself is rated one of the most difficult in Vermont. We anticipated the ski down with excited nervousness.

It was an early morning for the three of us. Up before dawn, Keith Rousseau, Brian Fischer, and I stood at the head of the Long Trail by 8 a.m. Cold mist filled the steep walls of Smugglers Notch, clearing my head after a little too much partying the night before. As we began snowshoeing through the winding lower forest, it quickly became evident that this was going to be hard work. Our breathing was labored after just a few hundred yards, fatigued by our heavy bags loaded with skis, boots, helmets, and plenty of granola.

Within an hour the pitch became steeper and the soft maples gave way to pine trees coated in the several feet of snow that had recently fallen. The snow on the trail was packed down and relatively easy to walk on with snowshoes, but the softer powder on both sides seemed three, even four feet deep in places.

The thing about hiking in winter is that because everything is coated in white, sometimes it is hard to stay on the trail. Halfway up the mountain, our rhythm was broken when we realized we had strayed off course.

Rousseau and Fischer stopping to take a breather and look around.

The trail diverged both left and right. To one side was a steep, open chute, a perfect line to ski. Unfortunately, we were still hiking and the steep pitch and untracked snow seemed anything but helpful. To the other side there were tight trees, crisscrossed with skiers' tracks.

We knew we were close to our destination, an upper trail diverging off the Long Trail that crosses over to Hellbrook. We could see Stowe's gondola over the trees off in the distance, and occasionally we would encounter skiers who had strayed from the marked trails. I was envious for their lift ticket; a ride up the gondola would have cut hours off our trip and eliminated most of the hard work.

We gambled and won big time. Choosing to go right, we plowed through the tight trees. One quick turn and there it was up on the ridge: Taft Lodge. Clearly marked on the map, Taft Lodge is a resting point for hikers and backcountry skiers. We were greeted by a group of Middlebury College students, all extremely helpful. They pointed us in the right direction, saying that we could continue on skis along the upper trail until we reached Hellbrook. That was music to our ears. No more snowshoeing. Now the fun could begin.

After a quick lunch we snapped into our skis and tried to traverse as far as possible. From what we had heard, actually finding the Hellbrook trail is difficult, that it's easy to drop in too early where the trees are tight and often unskiable. We followed the apparent trail a short distance before we realized that it was leading us down the mountain. We had missed Hellbrook completely.

It was a costly mistake. The few skiable lines we found would end abruptly in creek beds and thick brush. I made quick turns down a steep funnel, some of the sweetest powder ever. But then I would be forced to stop, having to rethink my line and begin again. Quickly our energy was drained with all the backtracking and trailblazing.

We made the best of it, however. Fischer was the strongest skier of the group, and he found occasional rocks and cliffs that we could drop off. Rousseau made strong turns through the tight trees. As we descended, the tight pines gradually became better spaced.

A few turns later and we dropped back into the closed road that winds through the Notch. All that remained was a short skate back to the car. Mount Mansfield had won. We were thoroughly exhausted.

Fischer and I pose at the head of the Long Trail.

Fischer and Rousseau ski along Vermont 108 in the Notch. The road is closed during the winter.

HEALTH & FITNESS

Students need to stay active in winter, psychologist says

Skiing, working out, and spending time with friends and family are good ways to avoid lazy, depressed days

By Amanda Blaszyk
Staff Writer

Winters in New England are notoriously harsh, but Vermont residents should not necessarily head for shelter beneath their warm blankets at the first sign of dropping temperatures. For many, the gray storm clouds, bitter temperatures and lack of sunlight seem depressing during the winter months.

People who experience fluctuations in sunlight with the changing seasons might suffer from seasonal affective disorder, commonly known as SAD.

"SAD is the same thing as depression, but it occurs specifically during a particular season … almost always winter," said Molly Millwood, a clinical psychologist and assistant professor of psychology at St. Michael's.

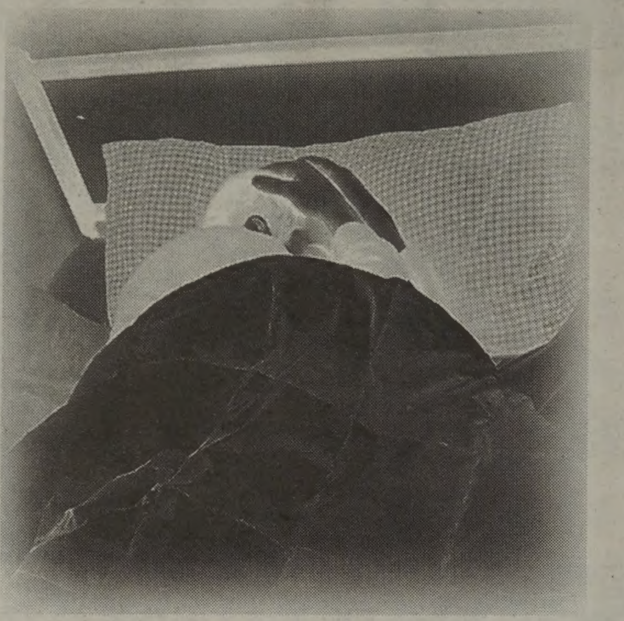
Junior Paolo Rosales said he suffers from a mild form of SAD.

"The cold weather and darkness are very depressing and I don't like to be indoors," Rosales said.

Melatonin, a hormone produced in the body because of decreased exposure to the sunlight, increases in production during the winter months, Millwood said. High levels of melatonin in the body can cause depressive symptoms.

SAD is "depression with a seasonal component," often starting in late fall and lasting through the winter, but some people can feel depressed in the summer, with the sharp increase in sunlight, Millwood said.

College students should be especially aware of SAD because it is most common among young people, frequently women, she said.



Seasonal Affective Disorder can make students feel listless, withdrawn and depressed. Experts prescribe activity and sunshine.

When the weather begins to grow cold, sophomore Elizabeth Steele said she begins to feel depressed.

"I really like the sunshine," Steele said. "I don't like getting out of class and having it be dark. It makes me feel like my schedule is all off."

It is unknown whether SAD is hereditary, but depression is, and the two are closely linked, Millwood said.

Symptoms of SAD are similar to other depressive symptoms, but decreased energy and weight gain due to overeating and "carb-cravings" are more pronounced, she said.

Other symptoms include feelings of guilt and worthlessness, problems concentrating, decreased sexual desire, insomnia or excessive sleeping and, in severe cases, thoughts of suicide.

Sadness becomes depression when five or more of those symptoms are experienced over a long period of time, or become debilitating to the point that the person cannot perform daily tasks, Millwood said.

It is easy for college students to fall into a rut of skipping classes and sleeping in when it's cold outside, but those urges might signify something more severe than laziness.

Like many students at St. Michael's, sophomore Amanda Lanne welcomes chilly temperatures, but not for long.

"I don't mind cold weather, but I hate bitterly cold weather," Lanne said. "It's really important to stay busy during the winter. If you don't plan activities in your down time, you just end up watching bad TV and sleeping."

Lanne's lament echoes Millwood's suggestions for staying sane during the dark winter stretch.

"Get outside whenever the sun makes its brief appearances," Millwood said.

Millwood highly recommends students remain active and get exercise as opposed to hibernating in the dorms.

Getting outside in the winter months is sometimes a tough task, but some students enjoy certain outdoor activities.

"I go snowshoeing and go for walks," Steele said.

"I don't mind the cold weather, but sun is good," junior Kelly Madden said. "I go skiing."

Signs that a college student is struggling with SAD are skipping class and declining invitations to be social, Millwood said.

People with SAD have many treatment options. Counselors or medical doctors can point patients in the direction of treatments such as bright fluorescent lights to decrease melatonin, traditional psychotherapy, or antidepressants, only used during the SAD period, Millwood said.

"In mild cases of depression, people may have more control over their symptoms than they think," she said. "So, as difficult as it sounds, actively fighting against urges to behave in a depressed manner can be very helpful. This means fighting the urge to go back to sleep or to avoid phone calls, and instead forcing yourself to go outside, exercise and socialize."

Ways to reduce the risk of SAD

- Exercise on a regular basis. If possible work out outdoors or in a brightly lit area.
- Install brighter light bulbs in your lamps.
- Dress to conserve energy and warmth.
- Use good time management to avoid any extra stress this time of year.
- Maintain the same daily pattern of awakening and going to sleep.
- If possible, postpone making life changes until the spring or summer.
- If you get the chance take a vacation to a warm and sunny area.

Information courtesy of www.d.umn.edu/hlthserv/counseling/seasonal_disorder.html

University students reconsider use of ephedra after recent ban

United States Food and Drug Administration says products containing ephedra have harmful side effects

By Andrea Berry
The Diamondback
(University of Maryland
at College Park)

COLLEGE PARK, Md. – Sherwin Dona wanted to get the most out of his workouts, so he decided to take Hydroxycut, a supplement containing ephedra. Pretty soon, he noticed some disturbing side effects.

"I'd be sitting in class just being all jittery," said Dona, a University of Maryland senior kinesiology major. "My heart was racing 100 miles per hour. It was scary."

Since then, Hydroxycut has changed its formula and now says it does not contain ephedra, an herbal supplement found in many over-the-counter fitness products.

Many users swear by ephedra for weight loss or an energy boost.

"If used responsibly, you can lose a lot of body fat in a short amount of time without sacrificing muscle," said former Hydroxycut user Klye Thomas, a senior communications major.

Ephedra is also the first dietary supplement to be banned by the Food and Drug Administration. Beginning this year, sales of supplements containing ephedra will be outlawed because the agency concluded they pose "unreasonable" health risks.

Jane Jakubczak, University of Maryland Health Center dietitian, said ephedra increases the user's heart rate, like drinking too much caffeine. This can be particularly dangerous, because many people do not know they have heart conditions that may be exacerbated by the supplement, she said.

"It has really brought to light the need for consumer protection over these dietary supplements," she said, adding that the supplement boom began in the mid-1990s after the FDA lost its ability to regulate them.

Under the Dietary Supplement Health and Education Act of 1994, dietary supplements do not fall under FDA jurisdiction. Unlike drugs, supplements do not have to be proven safe and effective before they are allowed on the market. The FDA must first prove that a supplement causes "unreasonable risk of illness or injury" to its users in order to pull it off of the shelves.

The FDA proposed ephedra regulation in 1997, but it was forced to gather more concrete evidence of the dietary supplement's danger. At the end of December, the FDA announced it had met the requirements to ban the supplement.

Thomas said increased regulation of supplements could cause fitness enthusiasts to turn to alternative methods, such as prescription insulin, to achieve weight loss goals. Insulin, a hormone diabetics take intravenously, is necessary for the body to digest carbohydrates and can artificially boost a non-diabetic's metabolism.

"If the supplements aren't made more available, then it forces users to do more rash things," Thomas said.

Though people use the supplement as a fat burner or to boost their metabolism, there are no good studies to prove its effectiveness, Jakubczak said. She said she has seen students who complained of heart palpitations after using products containing ephedra.

The ephedra issue became nationally prominent after it was cited as a factor in the death of Baltimore Orioles pitcher Steve Bechler in February 2003.

Junior art studio major Lisa Kahn and sophomore psychology and criminology major Catherine Colbert said they experienced increased heart rates after taking an ephedra product.

"We took Hydroxycut, like, a year ago, and we stopped cause it was making us sick," Kahn said.

They said they never paid attention to the labels, and they didn't know about the health risks associated with ephedra.

Thomas said he has used ephedra successfully and sees no reason for the ban.

"It's all about how much knowledge you have going into using it," he said.

He stopped using Hydroxycut after the company removed ephedra from the product because he said it was less effective.

But Dona disagreed.

"I really think they should be regulated. It's dangerous stuff," he said. "You really don't think there's any danger to it, but there really is."

-U-Wire

CALENDAR

'Room Tone'

Photos courtesy of the Flynn Center for the Performing Arts

Elevator Repair Service performs the play "Room Tone" with three shows at the Flynn Center for the Performing Arts. Showtimes are 7:30 p.m. Thursday, Feb. 12, and 7:30 p.m. and 10 p.m. on Friday, Feb. 13.

Eclectic musicians visit Burlington

On Friday, Feb. 13, the 10-piece band Either/Orchestra will hold a student matinee, an interview, and a live performance at the Flynn Center for the Performing Arts.

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Thursday

Jazz Workshop. The Flynn Center for the Performing Arts will hold a jazz workshop with the Either/Orchestra. The workshop will look at technique, improvisation, ensemble playing and much more. Tickets are $20 for grade seven to adult. Showtime 7 p.m.

Pre-performance "Room Tone." University of Vermont president Daniel Fogel will give a lecture providing insight into the life and writings of Henry James. The lecture is being held in the Amy E. Tarrant Gallery at the Flynn Center for the Performing Arts. Admission is free. Showtime 6 p.m.

"Room Tone." Elevator Repair Service performs "Room Tone" at the Flynn Center for the Performing Arts. Tickets are $20 for adults, $16 for students. Showtime 7:30 p.m.

Rude Dogz. Rude Dogz presents "Smash Out" at Millennium Nightclub. There will be more 10 performances during the night from a variety of artists. 9 p.m.-2 a.m. 18-20 $7, admitted until 11 p.m. 21+ $3

Inner Visions. International old-school reggae masters Inner Visions plays Higher Ground. Tickets are $10 in advance, $12 the day of the show. Doors open at 8 p.m.

135 Pearl. Gregory Douglass presents "What the Folk?" with Edie Carey. Tickets are $6. Showtime 8 p.m.

Ladies Night. Ladies join DJ Robbie J. every Thursday at Millennium Nightclub. Doors open at 10 p.m. No cover charge. 21+

The Big Wu. Nectar's presents rock n' roll band The Big Wu. 9:30 p.m. show. For ticket prices call Nectar's at 658-4771.

Club Metronome. Breez Evahflowin', Rhetoric and MC Forest will perform at Club Metronome. Call 865-4563 for ticket prices. Showtime 10:30 p.m.

Rock On! 135 Pearl rocks the house every Thursday with Queen City Rock with Chia and Elliot. Doors open at 10 p.m. No cover charge

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Friday

Either/Orchestra. Either/Orchestra, the leading little band in the jazz world, performs at the Flynn Center for the Performing Arts. Tickets are $25 and $20, children and students save $4. Showtime 8 p.m.

Latin Dance. Higher Ground hosts its ninth annual Valentine's Latin Dance. Free salsa dance lessons at 8 p.m. Tickets are $10 in advance, $12 the day of the show. Doors open at 8 p.m.

Blast! DJs Joe Hennessey, Will Taylor, and Craig Mitchell play 135 Pearl. Tickets are $5. Showtime 10 p.m.

Blues for Breakfast. Nectar's present the blues band Blues for Breakfast. For showtime and ticket prices call Nectar's at 658-4771.

"Room Tone." Elevator Repair Service performs "Room Tone" at the Flynn Center for the Performing Arts. Tickets are $20 for adults, $16 for students. Showtimes at 7:30 and 10 p.m.

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Saturday

Penguin Plunge. Fund-raiser for Special Olympics Vermont at Lake Champlain waterfront in Burlington at 11 a.m. Check www.penguinplunge.org for additional information, including how to register.

Bonnie and Clyde. Millennium Nightclub will host a Bonnie and Clyde Valentine's Day Costume Party. Come dressed as an old-school gangster and get $2 off at the door. Gangster movies on the big screen. 9 p.m.-2 a.m. 18-20 $12, admitted until 11 p.m. 21+ $5

Winter Ball. The House of Lemay and 104.7 FM The Point present Winter Is A Drag Ball IX. Proceeds benefit the Vermont People with AIDS Coalition. Tickets are $12 in advance, $15 the day of the show. Doors open at 8 p.m.

Valentine's Taste. 135 Pearl hosts a Valentine's taste with DJs Craig Mitchell, Stryker and John Creamer. Tickets are $8. Showtime 10 p.m.

Spin Cycle. Hip-hop/house party with DJ Toxic and DJ Robbie J. every Saturday night at Millennium Nightclub. Doors open at 9 p.m. $3 cover charge. 21+

"Vagina Monologues." V-Day Burlington presents a fund-raiser production of "The Vagina Monologues" at the FlynnSpace, 153 Main St., Burlington. Tickets are $20 and are on sale through the Flynn box office at 863-5966. Showtime is 8 p.m.

Early Show. Club Metronome will host an early Valentine's Day party with Pony Up!, James Kochalka Superstar and Smittens. Retronome will also have '70s and '80s music. Showtime 8 p.m. Call 865-4563 for ticket prices.

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Sunday

Hank Williams III. Hank Williams III, son of Hank Williams Jr., plays Higher Ground. Tickets are $13 in advance, $15 the day of the show. Doors open at 8 p.m. 18+

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Monday

Open Mic. Radio Bean Coffeehouse holds open mic night every Monday at 7:30 p.m. Call 660-9346 or sign up at 8 N. Winooski Ave., Burlington.

Divertimento. St. Michael's Humanities Program Concert Series presents the string trio "Divertimento" performing a concert of trios by Mozart, Beethoven, and Czech composer Bohuslav Martinu. Showtime 7:30 p.m. in the McCarthy Arts Center. The concert is free and open to the public.

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Tuesday

Observing Cambodia. St. Michael's Social Science Research Center faculty seminar series presents William Wilson, associate professor of political science. He will lecture on "Observing Cambodia: The Imperial Impulse." The speech will begin at noon in the Farrell Room in St. Edmund's Hall.

Liquid Lounge. Come join the 135 Pearl crew every Tuesday for drinks and music. Doors open at 10 p.m. No cover charge.

Blues Day. Nectar's presents Bluesday with Jim Branca. An all-star cast of blues tunes. For showtime and ticket prices, call Nectar's at 658-4771.

Edward Block. Catholic intellectual heritage lecture series presents Edward Block, who will speak on "The Catholic Intellectual Heritage and the Humanities" in the McCarthy Arts Center. Lecture begins at 7:30 p.m.

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Wednesday

Irish Sessions. Radio Bean Coffeehouse holds Irish Sessions every Wednesday at 8 p.m.

Karaoke. Show off your musical talent every Wednesday night during Top Hat Karaoke at 135 Pearl. Doors open at 9 p.m. No cover charge.

Bud Night. Top 40 Dance Party with DJ Robbie J. every Wednesday night at Millennium Nightclub. Doors open 10 p.m. No cover charge. 21+

Liquid Dead. Nectar's presents Liquid Dead, a cover band of The Grateful Dead. For showtime and ticket prices, call Nectar's at 658-4771.

Chris Whitley. 104.7 FM WNCS presents Chris Whitley, known for his production efforts for acts like U2, Peter Gabriel and Bob Dylan. He will be performing at Club Metronome at 8 p.m. Call 865-4563 for ticket prices.

The Defender welcomes any notice of upcoming events. E-mail us at defender@smcvt.edu

A few suggestions for St. Michael's television

THE CALL

G.M. Faretra

Let's face it. Television plays an important role in all of our lives here at St. Michael's. Whether it's a way to unwind, relax or just chill out, we all use television as a tool one way or another. I'm sure there are a select few at this school who rarely watch television, but I'm going to go out on a limb and suggest that nearly 95 percent of our campus spends significant time in front of the tube.

My argument is that because we spend such a considerable amount of time in front of the television, we need more variety. The stations we get are OK, but not great. And in all honesty, our movie channel is awful. Several things need to be addressed in connection with the television stations at St. Michael's. Therefore, I have come up with a list of suggestions fix the situation.

1) We have Lifetime: Television for Women, but we don't get Spike TV, America's network for men. If we're going to be politically correct, I believe we need to have either both of these networks or neither of them.

2) Our movie channel is a disgrace. How about more diversity? We rarely play any classics, and when we do have one on the movie channel, it's usually poor in quality. To help matters, the movie channel people should send out a survey of 10 movies every Sunday that we could watch and let the student body make its top four choices for the upcoming week. And, if at all possible, change over the classic movies of the past from VHS to DVD.

> "Whether it's a way to unwind, relax or just chill out, we all use television as a tool one way or another."

3) The school should subscribe to one of the movie channels like HBO so that we can watch new programs, such as "The Sopranos" or "Six Feet Under." A lot of people on campus end up buying the DVD for that particular show for an absurd amount of money when they could be watching the shows on the school's television.

4) Allow students to purchase pay-per-views. The school should come up with a service that will give students a chance to watch pay-per-views as long as they pay the bill for it. Create a system that would bill the Knight Card for any pay-per-view purchase.

5) Get rid of the NASA channel. We all know what the Earth looks like. We don't need 24-hour coverage of what the Earth looks like from space.

6) If we're going to have a big screen television in the Rat, let's take advantage of it. Get something like DirecTV in there so students can experience an array of programs on the big screen. It's also a way for students to get out of their rooms and use more of the college's resources.

Don't get me wrong, now. Television isn't why any of us have gone to college. The primary goal is for us to receive the best education possible. But when we need to relax and just "veg," we should be able to do so with a little bit more variety on television.

Contact G.M. Faretra at gfaretra@smcvt.edu

A material Celebration

CYNICS ANONYMOUS

Edward DiFiglia

I love this college, I really do. As such, I am honestly looking forward to many of the wonderful things planned for the college's centennial celebration. However, the marketing campaign for the centennial is going a bit far.

Everywhere I look I see the centennial logo; you know, that super fancy-looking "C" swishing all over the place, followed by "Celebrating a Century 1904-2004," the fancy "C" being part of the word "Century." The first time I saw the logo, I thought someone had made a monumental error because that fancy "C" looks for the world like a "G." But I'm OK with that if whoever came up with this logo is OK with that. It's classy, but not too classy, and it gets the message across without jumping up and down screaming, "Look at us, we're 100!" Really, though, I can only look at the logo on so many things before it starts to wear thin.

But since we have a centennial logo, I suppose it only makes sense that we put the logo on assorted things and try and sell them, right? The bookstore carries a selection of centennial memorabilia. There is the centennial book, centennial tie, centennial magnet, centennial key chain, centennial T-shirt … I think you can see where this is going. If you want to send a letter, make sure to use the centennial letterhead. If you receive a letter, make sure to tuck it away in your centennial folder, which you keep with your centennial notebook.

Now, I'm all for slapping that logo onto every piece of outgoing mail, every course catalog, news release, or whatever else leaves the college and other people see. I'm even all for banners with the logo in prominent places on campus, but this is getting ridiculous. I got a postcard from the Student Resource Center with the logo on it. Even The Defender is carrying a small banner across the front page proclaiming the celebration of the centennial. I know we're celebrating 100 years; I don't need to be reminded every second of every day. I'm reasonably sure that everyone else on campus knows this, too, so can we direct this logo bombardment to another victim, please?

Somewhere in the back of my head I hear Charlie Brown talking about Christmas becoming too commercialized, and I think the same applies here. The centennial celebration should be about remembering where the college came from and where it's going. We should be remembering the Edmundites, faculty, staff, alumni, and students who have worked so hard over the years to make this school what it is today. Throwing a logo onto a bunch of stuff isn't supposed to be what this is about. I really do think that some of the centennial merchandise is worthwhile, such as the centennial book, which helps us to better understand our college's past. Can we forget about buying the centennial T-shirt and the centennial hat and focus on learning more about the history of the school?

Contact Edward DiFiglia at edifiglia@smcvt.edu

There's no dodge ball in the home school room

GUEST COLUMNIST

Megen Krohn

Ranking high on my list of detrimental decisions a parent can make on behalf of their children is the decision to home school. Disadvantageous at any age, home schooling is perhaps the most damaging when done through the middle and high school years. I can think of few things more harmful to a person's productivity in society. Life revolves around one's ability to work with other people, and being home-schooled puts kids at a serious disadvantage. The social interactions, relationships and experiences you have (or don't have) during your adolescent years are hugely important to who you become as an adult. Imagine what life would be like without the experiences of high school.

Maybe I'm being closed-minded, but I think home schooling might be the most effective way to ensure your child greets the world as an adult with severely underdeveloped social skills and a disgustingly naive outlook on life. The average child attending public school sees the kids who have it rough at home, or whose family doesn't have a lot of money (and let's not pretend even elementary kids aren't aware of the difference, even if they can't put their finger on exactly what it is yet.) In school, they see these kids, and as they get older this puts things in perspective for them. This is only a mediocre example of a much bigger idea I'm trying to convey here. School is a first taste of the world, and to shelter a child from that experience seems tragically amiss.

> "Life revolves around one's ability to work with other people, and being home-schooled puts kids at a serious disadvantage."

I have read that children who are home-schooled have higher self-esteem, on average, than publicly schooled children. Well, DUH. Is it wrong to wonder if maybe they aren't completely in touch with reality? Perhaps Little Billy isn't aware that there are people out there who are better than he is at some things. It's not that Billy doesn't have his strengths, but I think acknowledging and accepting our weakness is equally important as valuing our strengths. And perhaps I'm going too far here, but I think there is something to be said for getting pounded during a game of dodge ball every now and again. It builds character. Dodge ball, in my opinion, is underrated. In life, there are winners and there are losers, and dodge ball is one of many different opportunities to get used to that. I'm not saying that dodge ball is any indicator of one's eventual lot in life. Maybe Bill Gates sucked at dodge ball, and maybe he remembers a proud day when he pegged the dodge ball guru in the side of the head, and maybe the dodge ball guru turned out to be a spectacular example of a horrific human being in all respects and could use another dodge ball to the side of the head. No, dodge ball skills don't have any correlation to the character of a person; I'm just saying it's a valuable experience.

Putting aside the everyday interactions, kids who are home-schooled miss out on all the extra-curricular opportunities that a public school has to offer. Nothing teaches a kid more about teamwork, dedication, time management, discipline, sportsmanship and leadership than playing a school-affiliated sport. And nothing promotes a healthy self-esteem like finding something you're good at, be it sports, music, drama, or debate, whatever it is, and excelling in it. Kids who aren't in school are missing all this, and they are missing the opportunity to choose not to participate.

The point is, when mom and dad finally decide to cut the cord, their prize offspring will have missed out on innumerable essential experiences. Not only will they kick off adulthood staggeringly underdeveloped, they will have been deprived of something central to our culture, a rite a passage. They can never live those years again, and they missed experiences those who didn't will never forget. The kicker, though, it probably wasn't even their decision.

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There's nothing 'real' about Nick and Jessica

I'll admit it, I like to be contrary. I refuse to watch the Super Bowl just on principle. So it comes as somewhat of a surprise, even to myself, that I am publicly outing myself as a "Newlyweds" fan.

The show is funny. Very funny. And, oddly enough, there's something reassuring about watching Jessica Simpson float her way through life. Sure, she's beautiful, rich, famous, and arguably musically talented. Her family supports her career. Her cute husband is fairly tolerant of her shopping addiction and her inability to perform basic household chores. Things should be a complete breeze for her and, for the most part, they are.

GUEST COLUMNIST

Cherise LaPine

Except for one minor problem, so minor that she doesn't even seem to be aware of it (although millions of MTV viewers delight in it). The girl is a complete bonehead.

I sometimes wish I lived in a mansion with a beautiful pool, and I sure wouldn't mind driving Jessica's Mercedes or Nick's BMW. So when I tuned in to the latest episode and watched in amazement as she spent $1,400 on bed sheets, my fantasies of living Jessica's life went out the window. She's living in a dream world, and she doesn't realize that she might not be so disgustingly rich someday. Besides, the Osbournes' mansion is cooler than hers. In a weird, twisted way, this show actually makes me feel better about myself.

Entertainment value aside, this show is an interesting study of pop culture. As a journalism and mass communications major, I have lately been fascinated by the reality television genre. I don't labor under the delusion that "Newlyweds" or "The Real World," or any of those types of shows are journalistically responsible or ethical, but they are based on journalistic principles. Find an interesting story and discover a way to market that story to an audience; simple enough. But for some reason, I find this particular show far more compelling than most other documentary-style television programs.

> "She's living in a dream world and she doesn't realize that she may not be so disgustingly rich someday."

Just how real is it? It's hard to believe that both Nick Lachey and Joe Simpson (Jessica's notoriously controlling father) are involved in the editing and production process, and yet the end result is that the heroine is still portrayed as a dumber-than-stereotypical blonde. This factor in itself raises an interesting question: Why aren't Joe and Nick ashamed to let Jessica be portrayed in this light? When I first heard all the rumors about the dumb things she says and does on the show, I thought they had to be exaggerated. After watching for a couple months, I'm pretty sure they're not, and Jessica doesn't seem bright enough to be that good an actress. I certainly hope my family and friends wouldn't exploit my shortcomings in exchange for a fat check from MTV.

I'm average in just about every way imaginable. Maybe I'll never have fame or fortune, but I am capable of living my life without whining about hiring someone to perform every little task for me. When Jessica's old and forgotten, when the bank account's running low and the Botox injections aren't helping anymore, I won't be lamenting over what I had and how I lost it. It's likely that my common sense will outlive the average career in pop music.

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Do you like to write?
Do you have an opinion
you want to share?

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You can also call The Defender
at Ext. 2421

St. Michael's College: A home away from home

The past five months have been everything I had expected, yet nothing that I could have planned for. College had always been something that I was looking forward to. I built it up in my mind as this monumental life change that would lead me toward gaining independence and meeting new friends I would make hundreds of memories with.

GUEST COLUMNIST

Meghan Carroll

What I didn't take into consideration was how much I had depended on everyone at home, and how much I would miss the memories made with the friends I already had; the friends from grade school I grown close with over the years; best friends who live half a mile down the street from my house; and the network of people who I always had by my side.

For the first month of school, all I could concentrate on was the fact that my friends were scattered at different colleges, and my parents, brothers and sister were all at home without me. It wasn't easy to adjust to life without them right next to me. However, the more people I met and the more friends I made, the easier life was to handle. Just when I thought I would never see another familiar face, I began to learn the names to match faces across campus.

I remember going home for the first time with pictures of my new friends in my hand, ready to show them off to the old friends at home. We went through each other's one-hour photos and "met" each new set of friends. We exchanged stories and shared laughs that we had at school with the two-dimensional people in the pictures. It was hard to hear some of the stories, the memories made that I couldn't be a part of. It became clear that I now had two sets of friends in my life, and neither would ever fully understand the other, no matter how many stories or pictures I shared.

I have come to accept the fact that college is about having a life of your own. College wasn't meant to be spent with your childhood friends. It's a time where you will meet so many different people and enjoy wasting time and laughing at nothing with many of them.

Let go of the people at home for a while, and you will find that this school becomes your second home, and the people here will support you and become your family until you return home to those you will never forget.

Contact Meghan Carroll at mcarroll@smcvt.edu

Confessions of a sober student

By Zachary Noyce
Daily Pennsylvanian
(U. Pennsylvania)

PHILADELPHIA – I admit it: I'm a loser. That's right, I don't drink. I like to think the reasons my party habits are as dry as my personality are acceptable ones. First, I'm under 21, so drinking alcohol is illegal. Second, I've got all these "commandment" things in my church (you know: "Thou shalt not do anything that you might enjoy"), so drinking alcohol is against my religion. Finally, intimate encounters with alcohol decrease any incentive I could have to drink.

These brushes often involve otherwise intelligent people making idiots of themselves and occasionally – for the sake of euphemism – simply making less of themselves. You can go ahead and call me old-fashioned, but I'm not too keen about going to prison, going to Hell or even going to detox. I wouldn't last five minutes in any of them. (Dark cells and large men, fire and brimstone, or catheters and hospital food – yikes.)

And this peculiar habit of mine puts me in awkward social circumstances. It's kind of bothersome when every invite you get to a party ever-so-tactfully lauds its "free beer," "beverage service," or that "the bar doesn't card." (Read: "Come and get hammered.") It's disillusioning that events boast the alcohol you can drink more than the company you can keep. Somehow drinking has come to mean partying while actually partying either doesn't exist anymore or is called something else. I guess that somewhere along the line, the drinking part of the party became more interesting than the partying part.

With 86 percent of the undergraduate population at the University of Pennsylvania admitting to alcohol consumption in an Office of Health Education study, it's hard not to feel more than a little left out. Also, correct me if I'm wrong, but I'm pretty sure that significantly more than 14 percent of the undergraduate student body is under 21 – just a casual observation.

But as much as I'll never understand what a standard deviation is, reality is far more difficult to cope with than statistics.

It's somewhat awkward to go to a party and be the only one without a plastic cup in your hand. It's uncomfortable – as the night wears on and your throat feels increasingly dry by the second – to be the only one in sight who seems to have a full grasp on reality. When it comes to keggers, open bars, or even gathering at that savior off-campus friend's apartment, I have an all-too-difficult decision to make: I can either sit out the event or feel out of place the whole time I'm there.

Too often I make the easy decision and sit out the parties, missing out on valuable opportunities to meet new people and enhance already existing relationships. To say that I make this decision too often is not to say that I am wrong in making it. What is more striking is that I have to make the decision so often.

But I know I'm not an anomaly. I know there are other people on campus who don't drink and more people still who rarely drink, but sometimes the numbers seem stacked against the Saturday night sober. I know that I'm not the only one because I see the people who aren't drinking. They are the people who I see doing their laundry on a Saturday night, even if they'd never admit to such a faux pas.

Why, then, does it seem increasingly like a Penn social life has a three-drink minimum?

In Christian Coalition America, abstinence might be in, but unfortunately for people like me, sobriety just isn't. It feels like I'm part of a dying creed on this campus.

Sobriety might be dying, but it's not dead. While events that feature people more than alcohol seem rarer than they should be, they do still exist. I do not advocate the abolition of alcohol from social gatherings. Too many times, alcohol acts as an important stimulus for a more enjoyable evening. But it would not take a huge change in practice to include those who don't want a drink in your social circle. All it takes is saying, "Come on over and have a good time with some friends," instead of, "Come on over; it's on the house."

Here's a toast to those of us who don't make toasts.

– U-Wire

SPORTS

Fewer St. Michael's students choosing to ski at Sugarbush

Smugglers' Notch will offer discounted season passes for 2004-2005

By Beth Hannon
Staff Writer

With Smugglers' Notch giving St. Michael's students season passes next year, the number of Sugarbush season pass holders is likely to decrease.

This winter season fewer than 100 students purchased passes, Sugarbush sales representative Joe Johnson estimated.

Bob Ackland, Adam Greshin and Win Smith, Vermont residents who now own Sugarbush after purchasing the resort from the American Skiing Co. in 2001, are trying to better market the mountain to college students. "Day passes are now being sold for $35 with college identification," Sugarbush communications manager J.J. Toland said. "And the best part is that there are no blackout dates."

The Feb. 6 Mountain Mayhem Fest was a promotion targeted to the college crowd. "Tickets were only $20 with college identification, and there were a couple of bands, professional riders, deals on rental equipment and other events going on," Toland said.

Junior Brandon Beauchemin, who has a season pass to Sugarbush, planned on taking several friends without passes there to the Mountain Mayhem Fest. Beauchemin had a pass to Smugglers' Notch his first year of college and one to Stowe last year. "There are less people at Sugarbush than Stowe, it's more of a local mountain, and the pass is cheaper," Beauchemin said.

"I love Sugarbush," Sugarbush student representative and St. Michael's sophomore Becca Brynga said. "But everything was better before the mountain came under private management."

Brynga said she still chooses to work and ski at Sugarbush. As a former ski racer, she has had the opportunity to ski all over the Northeast, but she always came back to Sugarbush. "It's a larger mountain with varied terrain, and with the secret trails at Stowe every one is hard, and at Bolton Valley every trail is easy. Sugarbush is a mix of the two," she said.

Senior Jamie Kujawa, a Sugarbush season pass holder, had a similar view when asked to compare the local mountains. "Trails are more secluded and spread out at Sugarbush, making the mountain seem less crowded than at Smugglers' Notch and Stowe," she said. "The atmosphere is more quiet and relaxed."

Despite this, the majority of the students prefer to go to either Stowe or Smugglers' Notch. "Stowe and Smuggs are marketed more on campus," Brygna said.

"I actually prefer Stowe because of the gondola and terrain, but it is too expensive," Beauchemin said.

"Smuggs is where I learned to board," junior Sabrina Muir said. "I know the area, and I enjoy the fact that the mountain has varying ability levels. I don't have to stress myself if I don't want to, but the challenge is always there."

Photo courtesy of Sugarbush Resort/Matt Murray

A snowboarder shreds the snow into the air while bombing down the mountain at Sugarbush. Fewer St. Michael's students seem to be going to Sugarbush, choosing instead resorts such as Smugglers' Notch or Stowe.

Sophomore Kendra Marceau worked as a ski instructor at Smugglers Notch last winter but now just skis at the mountain. "That's where my whole family skis, plus they have the only triple diamond in the Northeast," Marceau said.

Toland described the triple diamond as bumpy, but not as a steep pitch. "The Rumble Woods here at Sugarbush is more Western-style skiing. I grew up in Oregon, and this has been the only mountain that I've found comparable," he said.

Toland pointed out a few of the other advantages of Sugarbush. "There is not a large concentration of families, the Mad River Valley is off the beaten path, and there are never any lines (for the ski lifts)."

He also said there is a high-speed quad servicing wilderness areas, and skiers can get off and hit up the off-trail areas. "At a place like Stowe, there is a 15-minute traverse in and then a half-hour ride back."

Even with two main mountains, 17 lifts, 115 trails, two terrain parks and a superpipe, some see a dismal future for Sugarbush.

"I don't think they will sell any passes next year," said Brygna, who sold only two this year.

Beauchemin said he is going to take advantage of the free pass offered by St. Michael's to Smugglers' Notch next year. "I'm going to buy a cheap one to Jay Peak. I'll go to Smuggs on the weekdays and Jay on the weekends. Jay always gets the most snow and has the best conditions."

Weekly Highlights

Men's Basketball lost at St. Rose, 83-81, on Feb. 4. Senior Delbert Randall led the team with 19 points and pulled down seven rebounds. Senior Ben Smith chipped in with 15 points, and sophomore BJ Robertson added 12 for the Purple Knights. The team won at home versus Pace on Feb. 7, 62-58. Robertson had a game-high 18 points. Randall recorded his third double-double of the season with 12 points and 10 rebounds. As of Feb. 9, he was 16 points shy of reaching 1,000 career points, and Smith was 26 shy. Randall went over the 500 career rebound mark with his third of the game. Smith contributed nine points while also grabbing a season-high 13 rebounds. Sophomore Chase Graves dished out a game-high six assists, and first-year Brendan Mullins scored all 12 of his points on four 3-pointers.

Women's Basketball won at St. Rose, 84-77, to end a three-game losing streak. Senior Erica Kensey turned in a game-high 24 points to go along with six rebounds. Senior captain Lindsey Bradt contributed 21 points while first-year Jevy Rayner scored 17 to accompany her game-high eight rebounds. The team defeated Pace at home, 70-55, on Feb. 7. Sophomore Brigid Hegarty has a solid all-around game with 20 points, seven rebounds, six assists and three steals, and she hit four of her eight 3-point attempts. Kensey turned in 15 points, moving her to within 17 points of 1,000 for her career. Dani Rayner also reached double figures for the Purple Knights with 14 points.

Men's Hockey lost, 11-0, at Bowdoin on Feb. 6. Junior Andy Joy and first-year Erik Smith combined for 41 saves in goal for St. Michael's. First-year Jared Silver's 11-game point scoring streak came to an end. The team dropped its second game on the Maine trip to Colby, 5-2, on Feb. 7. Silver scored an unassisted goal while senior Mike Duffy's came on assists from sophomores Alex Watts and Jonathan Perez. First-year Derek Jackson turned aside 44 shots in net for the Ice Knights.

Women's Hockey lost, 7-1, to UMass Boston on Feb. 6. Sophomore Michelle Miaskiewicz scored for St. Michael's, assisted on the play by juniors Holly Brandl and Meg Lyons. Sophomore Annice Mason and junior Marcy Ring combined for 27 saves in goal. The team lost its second game to UMass Boston, 7-3, on Feb. 7. First-year Kasie Scafariello scored an unassisted goal in the first period. Lyons and first-year Melissa Gagne each tallied a goal and an assist, and Miaskiewicz contributed two assists. Ring turned aside 43 shots in net.

Skiing finished ninth out of 13 teams with a final total of 257 points at the UVM Carnival on Feb. 6-7. Junior Janine Flahive finished 31st in the giant slalom, followed up by sophomore Kaitlyn Abare's 33rd-place finish. Flahive also had the top finish for St. Michael's in the slalom with her 21st-place finish. Abare once again produced the second-best time for St. Michael's, coming in 28th in the slalom. First-year Vincent Dinapoli had the top finish on the men's side in both the slalom and giant slalom, placing 20th and 38th, respectively. Senior Mike Payne had the top finish for St. Michael's in the Nordic race, coming in 22nd overall. Sophomore Lionel Welch was next in 40th, followed by first-year Dan Tumenas in 44th. On the women's side, first-year Jocelyn Woodward came in 52nd for St. Michael's, with sophomores Emily Heffernan (54th) and Rebecca Drapp (55th) close behind. Payne, Welch, and Tumenas also had the top finish for St. Michael's in the men's 3x5K relay, as they finished 14th out of 19 relay teams.

Swimming split with Norwich at home on Feb. 3. The women won, 224-58, while the men were on the losing end of a 158-134 score. Sophomores Ellie Hedden and Amy Powers each recorded first-place finishes in multiple events for the St. Michael's women. Senior Logan St. Peter accomplished this feat on the men's side. The two squads competed in the Middlebury Invitational on Feb. 7 against Middlebury, Norwich, UVM, and MIT in a non-scoring meet. Hedden finished fourth overall in the mixed 1,650 yard/1,000 free and fifth in the 50-yard freestyle. Her time of 11:34.20 in the 1,000-yard freestyle broke the school record by nearly five seconds. Powers added a third-place finish in the 50-yard mixed time trial while the women's 200-yard freestyle relay team finished fourth overall. Senior Adam Forrest was the top finisher on the men's side, placing second in the 1-meter dive. Sophomore Chris Cochran came in fourth in the 100-yard breaststroke and contributed a fifth-place finish in the 200-yard individual medley. St. Peter and first-year Allan Smith each contributed fourth-place finishes in the 200-yard breaststroke and the 500-yard freestyle, respectively. On Feb. 9, Forrest was named the Northeast-10 Conference's male diver of the week, and first-year student Peter Schmidt was named the league's top male freshman diver of the week.

Intramural athletes compete for fun

New director looks for more student feedback

By Sean Cooley
Staff Writer

St. Michael's sophomore Evan Caprari prepares for a foul shot in an intense game of intramural basketball. Caprari stands 6 feet tall with a protruding chest. He is suited up in a tattered Michael Jordan Chicago Bulls jersey, an orange Nike sweatband, and a pair of forest green mesh shorts. Wearing a pair of faded orange Puma sneakers to match his sweatband, Caprari steps up to the foul line.

An observer might assume Caprari is shooting to win the NCAA Championship because of his intensity and energy. But Caprari and his intramural basketball team have never won a game.

The scoreboard says his team is down by more than 20 points with seconds left to play. Caprari makes his two foul shots, the game soon ends, and handshakes are exchanged. He joins his team, Bob=Garbage, to laugh off the latest loss in the two-year history of the intramural team. Caprari explained that inspiration for the team name came from rival player Bob Markowick.

Caprari said he does not participate in intramural basketball for fierce competition, the camaraderie of being on a team, or for the exercise. "It gives me an excuse to wear my sweet Jordan jersey," Caprari said, bragging about the sporting apparel he purchased for $1 at a Salvation Army store.

Caprari and the rest of Bob=Garbage are able to compete at the Tarrant Recreation Center each season thanks to St. Michael's extensive intramural sports and recreational programs. Spring semester offerings include team sports such as basketball, floor hockey and co-ed ice hockey, and individual programs such as yoga and kickboxing.

Photo by Josh Cooper

From left: Seniors Amanda Daniels, Sara Pope, and Abigail Lemanski are participating in intramural basketball at the Tarrant Recreation Center this winter. Floor hockey, ice hockey, yoga, and kickboxing are also offered through the Department of Intramurals.

At the end of this semester, Director of Recreation and Intramural Sports Marcel Choquette said he is hoping to add even more programs and make changes to accommodate student needs. In his first year, Choquette has made changes such as lengthening the intramural basketball season; having sign-ups for aerobics classes instead of a first-come, first-serve basis; and developing a new pilates body sculpting course.

Choquette, who took over for Betsy Cieplicki in 2003, is a former high school physical education teacher and athletic director with a lengthy background in sports and recreation.

Choquette said he believes it is important to have recreational programs available because St. Michael's attracts students who enjoy being involved in activities outside the classroom. "It is of vital importance to students," he said. "It's a venue where you can get away from the pressures of academics and have fun."

Fun appears to be the backbone for competitors in intramural leagues, numbering over 300 students this semester. "It's all about the thrill of the win," sophomore Bob Markowick said. "There's nothing better." Markowick, who said he sees the name of Caprari's team as flattery, has been known to pull moves from the "AND1" streetball videos during basketball games to show off to opponents.

Sophomore Jeff Ingalls captains an intramural softball team during the spring and fall semesters. "Team unity is a big part of playing," Ingalls said. "It's also nice to just lean back and rail a long ball."

At the end of the semester, Choquette said he plans to send out a campus-wide e-mail asking for student feedback, suggestions and program ideas. "We've gotten some pretty diverse ideas for sports," said junior Brenna Gates, Choquette's work-study student. In the past, suggestions have come for field hockey and outdoor soccer leagues.

Choquette said he believes the college will benefit from a more student-directed intramural and recreational program. "I see a lot of merit in young adults taking control of sports programs," he said. "So we're going to put our ears to the ground, get the students' feedback, and hopefully change for their benefit."

Junior ◆ Women's Ice Hockey ◆ Boxborough, Mass.

Name: Meg Lyons

Why chosen by The Defender
Tallied five goals and three assists as St. Michael's swept MIT on Jan. 30 and 31 for the team's first two wins.

ATHLETE OF THE WEEK

High school: Acton-Boxborough Regional High School

Major: Elementary education and psychology

Started playing: In the fifth grade when I was 10.

Why SMC: The school had a beautiful campus when I visited, and I received an academic scholarship.

Team strength: We're very close and are all good friends.

Favorite SMC memory: Spring break in West Palm Beach, Fla., my freshman year.

In your free time: Hanging out with friends and working.

Favorite TV show: "The O.C."

Favorite music: Maroon 5

Plans for after graduation: Grad school in either counseling or social work.

KNIGHT Writer

Stu Hedstrom

A swimming experience

St. Michael's hosted Norwich on Feb. 3

I do not know much about swimming, such as the difference between a breaststroke or butterfly or how long the pool is. To learn more about this sport, I decided to attend the Feb. 3 meet between St. Michael's and Norwich at the Ross Sports Center pool. Arriving just before the first event, I joined a crowd of about 75 people cheering on the men's and women's teams in their final home contest of the season.

The women's 200-yard medley kicked off the festivities. This event consisted of two St. Michael's teams and one from Norwich, each comprising of four team members swimming a different stroke. I later learned the four strokes are the back, breast, butterfly and freestyle. I found it odd that the four relay participants do not swim the same stroke. When I ran track in high school, our relays were comprised of four members racing equal distances with each of us running the same way.

A loud blast from the starting gun sent the three squads into action. I had no idea how long a typical 200-yard medley relay lasts, so the race finished before I thought it would. St. Michael's won in 2:02.53, as indicated by the timer on the wall, and the student crowd let a out a loud roar of approval.

I had difficulty telling the St. Michael's and Norwich swimmers apart in the women's 200-yard medley, because both schools wore black swimsuits. I looked closer and noticed St. Michael's had on dark swimming caps while the ones for Norwich were white.

The next event was the 1,000-yard freestyle, the longest race of the day. After asking how long the pool is (I was told 25 yards), I realized participants swim a total of 40 laps in the 1,000-yard freestyle. I also wondered how swimmers are able to keep track of these 40 laps; I would lose track after the first few. This question was answered by seeing their teammates hold signs in the water to indicate what lap they were on.

I noticed the team spirit and unity displayed throughout the meet. As swimmers went back and forth through the water, teammates crouched next to the pool and yelled words of encouragement. I don't know if the water muffles the sound of teammates' voices or not, but if it doesn't, I'm sure the cheers help make the swimmers move along faster.

The meet seemed to be pretty low-key, as some team members came up in the stands to mingle with spectators during the 1,000-yard freestyles. Other swimmers stayed on the pool level and carried on conversations with those on the observation deck, and a few playfully tossed their swimming caps up to their friends above them.

After the 1,000-yard freestyles, the meet consisted of several 50-yard events. I watched first-year Laura Mann win the 50-yard backstroke and thought I would like to do this event if I was a member of the swim team. I would not have to swim too much (I cannot swim more than a couple of laps without getting tired), and also because I would not have to stick my face in the water, something I hate to do.

The men's 50-yard freestyle was the fastest race of the day, as first-year Allan Smith won in 23.84 seconds. Afterwards the competitors swam a couple of extra laps to cool down. I had never considered swimmers having to do this or warming up before they race. I also realized swimmers must need to stretch out thoroughly to avoid injuries.

The one-meter dive took place later on. This event is won by scoring points awarded by three judges. The divers needed silence to execute a variety of twists and turns (one judge yelled at the crowd to be quiet). I know the scoring criteria are judged on several factors, such as difficulty of the dive and the proper form. Another aspect is the splash the divers make: the smaller, the better. Diving looked fun to try, but I probably would not be very good because I don't have anywhere near the balance and coordination these divers have.

Behind the diving board I noticed a giant Rubbermaid tub with several competitors sitting in it. I asked what this tub is for and learned that divers stay in the tub, which is full of warm water, to keep from getting cold between dives.

My program indicated the meet was the Senior Day for the swim team. I missed the ceremony honoring the five seniors: Adam Forrest, Logan St. Peter, Jamie Kujawa, Liz O'Hara and Jill Yendriga. I did, however, get to see each of them compete in the final home meet of their collegiate swim careers.

Scoreboard

For up-to-date scores,
call the SMC sports hot line
at (802) 654-2SMC

Men's Basketball (6-15, 4-14 NE-10)

2/4
St. Rose 83, SMC 81
2/7
SMC 62, Pace 58
2/10
vs. Southern Connecticut,
7:30 p.m.
2/18
at Le Moyne, 7:30 p.m.

Women's Basketball (8-13, 5-13 NE-10)

2/4
SMC 84, St. Rose 77
2/7
SMC 70, Pace 55
2/10
vs. Southern Connecticut,
5:30 p.m.
2/13
vs. Green Mountain, 6 p.m.

Men's Ice Hockey (8-12-0, 4-10-0 ECAC East, 3-0-0 NE-10)

2/6
Bowdoin 11, SMC 0
2/7
Colby 5, SMC 2
2/13
vs. New England College,
7 p.m.
2/14
vs. St. Anselm,
3 p.m.

Women's Ice Hockey (2-17-1, 1-12-0 ECAC East)

2/6
UMass Boston 7, SMC 1
2/7
UMass Boston 7, SMC 3
2/14
vs. New England College,
6 p.m.
2/15
vs. New England College,
3:20 p.m.

Skiing

1/30-31
9th of 13 at St. Lawrence
Carnival
2/6-7
9th of 13 at UVM Carnival
2/13-14
at Dartmouth Carnival
2/20-21
at Williams Carnival

Swimming & Diving

2/3
Norwich 158, SMC M 134
SMC W 224, Norwich 58
2/7
Middlebury Invitational
2/20-22
at New England
Championships
at Bentley College

Purple Knights sweep Pace

Men bolster NE-10 playoff hopes, women improve conference standing

Photo by Josh Cooper

Sophomore Chase Graves steps up to the foul line to attempt a free throw against Pace University on Feb. 7 at Ross Sports Center. Graves dished out a game-high six assists in St. Michael's 62-58 victory to help the team improve to 6-15 overall and 4-14 in Northeast-10 play and stay alive for one of 12 playoff spots. The women also won, 70-55, to improve to 8-13 overall and 5-13 in the league and remain in 11th place in the standings.

Photo by Josh Cooper

Senior Ben Smith hauls in one of his season-high 13 rebounds on Feb. 7 against Pace University. Sophomore BJ Robertson (24) and first-years Brendan Mullins and Chris Cayole (far right) look on.

Photo by Amy Weinstock

Senior Erica Kensey (20) awaits the ball in the high post as classmate Lindsey Bradt and sophomore Brigid Hegarty (12) prepare to run a play. Hegarty had 20 points and Kensey tallied 15 in SMC's win Feb. 7.

NE-10 Men's Basketball Standings (through Feb. 9)

Team	NE-10 Record	Overall Record
Bryant	12-5	17-5
UMass Lowell	12-5	17-5
Southern New Hampshire	11-5	16-5
Le Moyne	11-7	13-9
Pace	10-7	15-7
St. Rose	10-7	15-7
Bentley	10-7	12-10
Merrimack	9-7	14-7
St. Anselm	10-8	13-10
Assumption	9-8	14-8
Franklin Pierce	7-10	10-11
American International	5-13	8-15
Stonehill	4-12	8-12
Southern Connecticut	4-13	4-18
St. Michael's	**4-14**	**7-15**

Note: Top 12 teams make the playoffs. SMC is 15th.

NE-10 Women's Basketball Standings (through Feb. 9)

Team	NE-10 Record	Overall Record
Merrimack	14-2	19-2
Bryant	14-3	17-5
Bentley	13-4	16-6
American International	13-5	18-5
Stonehill	12-5	16-5
Assumption	12-5	16-6
Southern Connecticut	10-7	15-7
Pace	9-8	12-10
St. Anselm	9-9	10-11
UMass Lowell	8-9	12-10
St. Michael's	**5-13**	**8-13**
Franklin Pierce	3-14	7-14
St. Rose	3-14	6-16
Southern New Hampshire	2-15	7-15
Le Moyne	2-16	2-19

Note: Top 12 teams make the playoffs. SMC is 11th.